

Men's Gymnastics

MEN'S GYMNASTICS

by

Wrio Russell

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FOREWORD

The phenomenal rise of the Japanese to a leading position in the world of gymnastics has been brought about by their dedication to detail and the constant improvement of each of those details, making changes that are almost imperceptible taken individually, but with the result that the Japanese coaching machine is now second to none. One could summarize the Japanese way of gymnastics as 'the ordinary done in an extraordinary way', which describes the true quality of their virtuoso performances in the six Olympic disciplines.

This book is the first attempt in the English language to describe the Japanese method of performing and coaching; a comprehensive programme of gymnastic movements from basic to advanced. Sho Fukushima goes to the heart of the matter; and this book is a must for the shelf of every gymnast and coach, no matter what standard he considers himself to have reached. Wrio Russell and Sho Fukushima should feel well satisfied with their efforts and not a little proud of this Anglo-Japanese work of real merit. 1920

NIK STUART, M.B.E.
Director of Technical Development

INTRODUCTION

One of the principal problems facing potential gymnastic coaches has been the dearth of good written material on techniques and teaching progressions. So, when my long-standing friend Sho Fukushima asked me to collaborate in preparing his coaching notes for publication, I felt this was a good opportunity to do something towards remedying the situation. Mr Fukushima had originally put together these notes when he was national coach to the Danish Gymnastics Federation, and he was asked by the Swedish Federation to prepare a coaching manual for use with their junior men's squad. These notes have now been rearranged, modified and précised for publication.

The book is intended for both coaches and gymnasts. It is essential that all young gymnasts should understand in theory what they are attempting to put into practice. They are, after all, the coaches of the future. In addition, although the practical aspects of coaching are of prime importance, it is essential for coaches today to understand the theory of what they are trying to teach. Gymnastics is now a highly scientific sport and coaches and gymnasts alike must try to understand both the why and the how of gymnastic moves. This book is essentially a practical manual of coaching, and is not concerned with in-depth theory on such subjects as bio-mechanics or psychology of coaching. We hope that it will help the coach and the gymnast to approach the learning of moves in a progressive way, building them step by step. There are many progressions and many coaching aids that can be used in the learning of any gymnastic skill, and this book copes with no more than a cross-section of these. The coach, in particular, must use considerable ingenuity in evolving his coaching programmes, and at all times he must be concerned with safety, a feature of learning methods which we have emphasized throughout the book.

Gymnastics is an ever-developing form of human movement, and the art of what is possible is being constantly pushed to the limits, particularly by performers from the more advanced countries. We hope that this book will make some contribution at the more basic levels to practical learning and coaching. Sho Fukushima writes, 'I am not claiming that this book will teach gymnastics to anyone. As a professionally trained physical educator, I strongly recognize that personal attention cannot be replaced by a mere book. However, I have hopes that this book will be in boys' gym bags among handgrips and sweaty T-shirts, and will be read in the gymnasium; that eventually it will have totally fallen apart through contact with sweaty, chalky and blistered hands. I do not wish it to become part of book-shelf decorations.'

In other words it is a book to be used.

1 · FLOOR EXERCISE

The Handstand

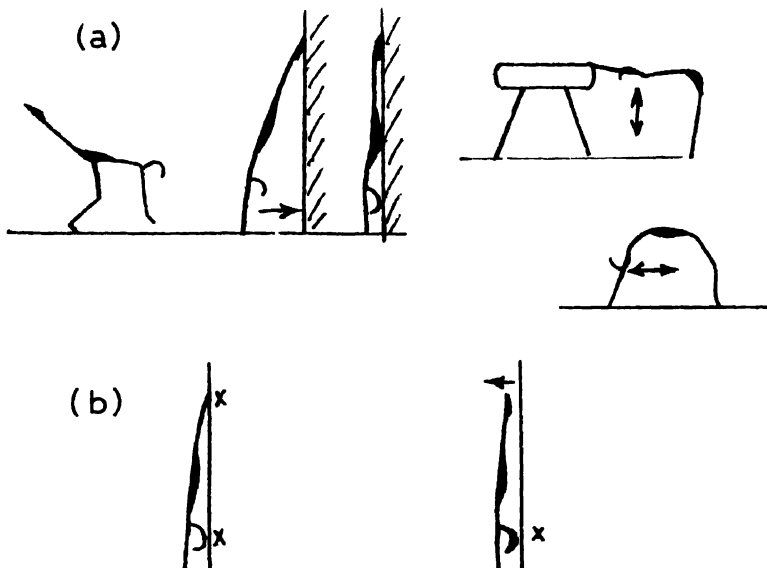


IMPORTANT POINTS

1, 2: With arms up by your head reach forward and place your hands on the floor at shoulder-width apart. The fingers should be spread with their tips in contact with the floor for control. 3: Do not lean too far forward from the shoulders, and keep the upper back slightly rounded. Control the kick to handstand. 4: Extend in the shoulders and straighten and tighten the body, with the head looking down at the ground.

PRACTICE EXERCISES

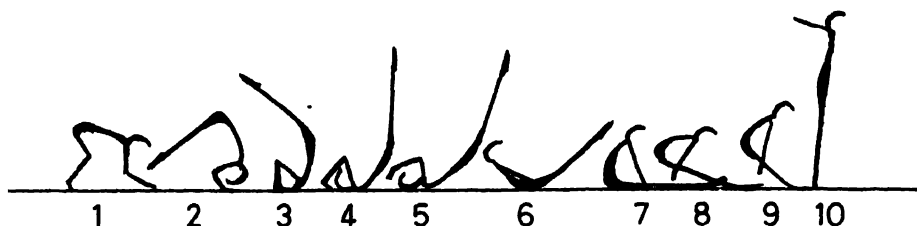
(a) Kick up to handstand against a wall and gradually move the hands closer to the wall. Work also to increase shoulder flexibility, so essential for the handstand.



(b) Learn first to support the body against the wall with only the heels and head. When you can do this, push away from the wall with the heels. Learn to use your shoulders, elbows and finger-tips to adjust your balance.

Now do the handstand on a mat, at first with a spotter to aid your balance, and then on your own.

Forward Roll with Straight Legs



IMPORTANT POINTS

1-4: In order to obtain more speed, extend the hips quickly with the support of the body being on the hands and the upper back. 5-8: In order to avoid stopping the momentum, the upper body should be flexed towards the thighs and, as the body becomes tightly piked, push hard with the hands.

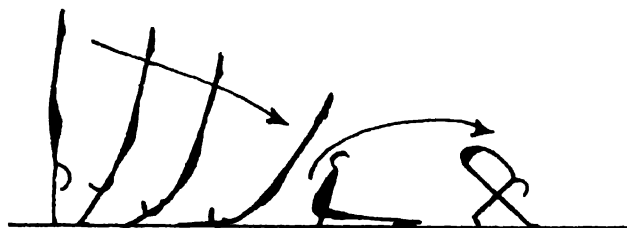
PRACTICE EXERCISES

Try the move down some sloping benches, which will aid momentum.



Try the roll on mats with legs straddled, pushing between the legs. Then gradually narrow the width of the straddle.

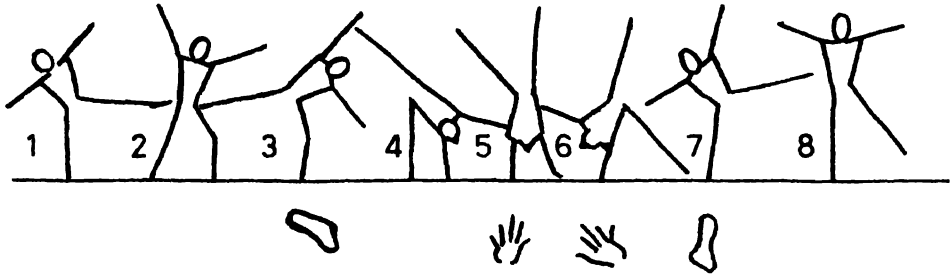
Try the move from handstand, rolling out with arms straight and piking right forward.



Cartwheel

IMPORTANT POINTS

1-3: The leading foot should be directed along a line, as should the hands. 4, 5: The arms should be up by the head and the second hand should face diagonally



towards the starting point so that you can push effectively through that arm. 6-8: Keep the legs stretched and wide and the body straight all the time, with as little knee-bend as possible. Keep the head between the arms.

PRACTICE EXERCISES

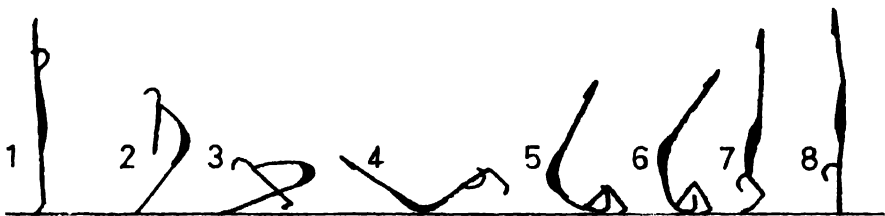
Try two or three in a row, pushing smoothly from the one into the other, and performing them along a straight line.

Try the cartwheel with the opposite leg leading.

Try a dive cartwheel by swinging the arms under and up and driving off the floor through the leading leg.



Backward Roll to Handstand



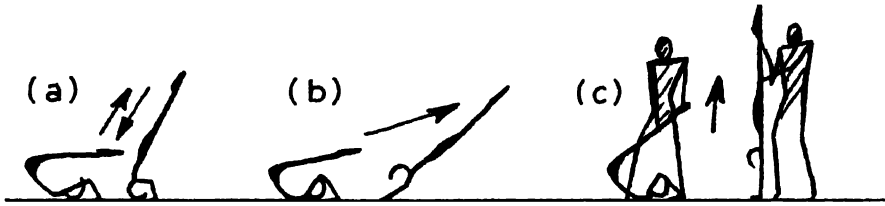
IMPORTANT POINTS

1-3: As you fall back with straight legs, bend forward from the hips and reach for the floor with the hands. 4, 5: Transfer the hands quickly to the floor by the shoulders. 6-8: Co-ordinate the extension of the body with the extension of the arms, with the body-extension coming a little earlier. Keep the head in and extend into a tight, stretched handstand.

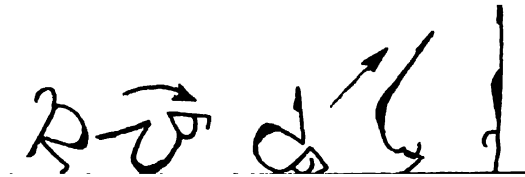
PRACTICE EXERCISES

(a) Practise the body-extension from back-lying on a mat with flexed body, hands by the shoulders.

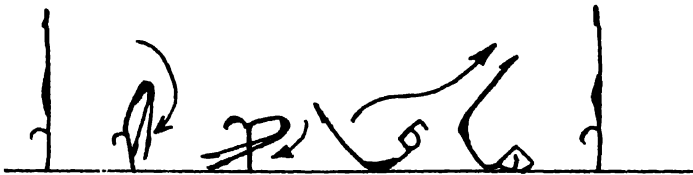
(b) Now, as you extend, push off the floor through your arms.



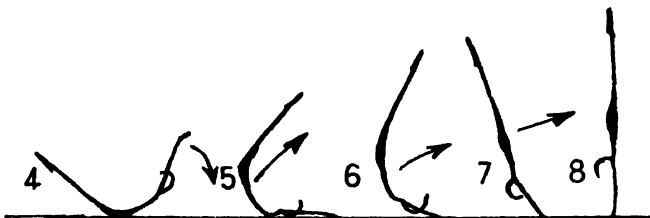
(c) With help from a spotter, co-ordinate the body and arm-extension. Try the backward roll from tucked position to handstand, with fast rotation and extension.



After attaining handstand, try to lower with a straddle-flexed body before proceeding to another roll to handstand.



Try the backward roll to handstand with straight arms.

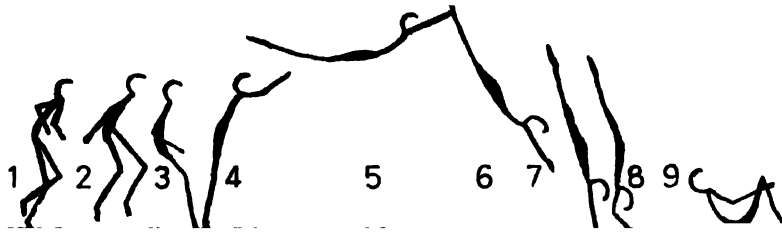


This needs a faster rotation than the bent-arm version. 4, 5: Get the arms to the floor ahead of the body rotation. 6-8: This part requires a rigorous extension of the body with a steady extension in the shoulder area. Do not allow the hips or chest to hollow as you reach handstand.

Flying Roll through Handstand

IMPORTANT POINTS

1, 2: You should take off with a powerful extension through the toes and ankles, and with shoulder-lift and swing upward of the arms, but with minimum knee-bend and lean forward. The upper back should be slightly rounded. 3: Lift the



heels to initiate rotation, and also extend the head, chest and hips at the highest point. 4, 5: Keep the body straight until you move into the roll.

PRACTICE EXERCISES

Jump up and forward into the roll using knee-flexion and extension.

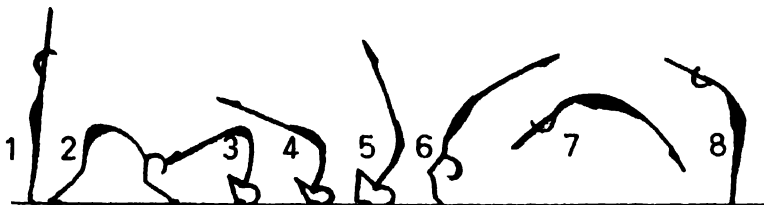


Practise the hop-step into the take-off with a spotter.



Do the full roll with a spotter on to a crash mat.

Headspring



IMPORTANT POINTS

1-3: With slight knee-bend and with hip-flexion drop forward on to the forehead and immediately extend the legs into the overswing. 4-6: Thrust hard through the arms and dynamically extend the body upward until it is slightly arched in flight. 7, 8: Maintain the arched body position with arms extended and head back until you land, when you should straighten the back and bring the head between the arms.

PRACTICE EXERCISES

- Work on exercises for shoulder and back mobility.
- Then try the move off a low platform with the assistance of a spotter.



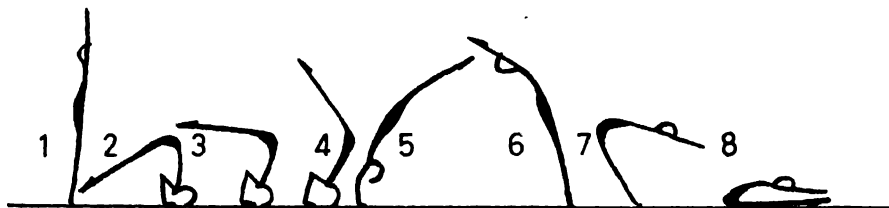
Gradually lower the height of the platform until you can perform the move on the floor. Concentrate on keeping the hips high, and overswinging upward with straightened legs.

Try two or three fast headsprings in a row.



SOME RELATED MOVES

Headspring to Sit



At point 6, land with feet slightly forward of the hips, and immediately fold forward from the hips as you sit back. Keep the legs and feet extended. The landing, fold and sit-back should be smoothly performed.

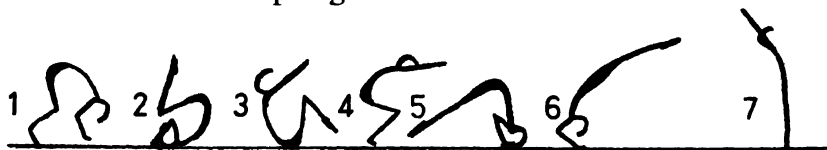
PRACTICE EXERCISES

Try the sit-back from a stretched standing position, co-ordinating the fold and the sit-back.

Try the move slowly at first, but without sacrificing the correct position at point 6.

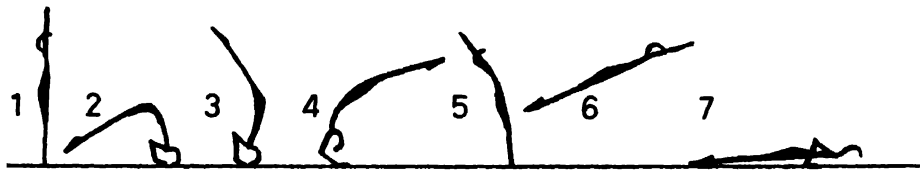
Try the move to a straddle-sit position, folding deeper into Japanese splits.

Forward Roll to Headspring



At points 2-4, instead of increasing the speed of rotation of the roll, come up to point 4 rather higher than with a normal roll and with the arms above the head. Move from the roll to the headspring without stopping.

Headspring Jump to Front Support



IMPORTANT POINTS

3, 4: Extend strongly through the hips and arms, for height. 5: Immediately after landing, spring through the toes and ankles, taking the legs backward (as though performing a stomach drop on the trampoline). 6, 7: Keep the whole body tight and straight, except for the arms which swing back to the sides ready for landing. Land with the feet and hands almost at the same time.

Handspring



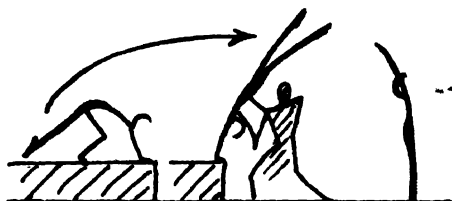
IMPORTANT POINTS

1-5: You must master this hop-step before proceeding with the handspring. As you jump up and forward, swing the arms forward and up by the head, with the legs crossing over at 3. Then land on the back foot before stepping forward with the front leg. 5-7: Reach forward fast for the floor using the height and forward lean of the hop. As the hands touch the floor the shoulders should be behind the hands, and the upper back should be slightly rounded. The extension of the front leg and the strike through the arms should come together. 8, 9: The strike of the arms should push through hyper-extended shoulders. The head should be extended, and the body tight but slightly arched. 10: As you land, straighten up the body with the arms above the head.

PRACTICE EXERCISES

Practise kicking up to handstand against a wall.

Try it off a platform with a spotter, keeping the body slightly arched until landing.



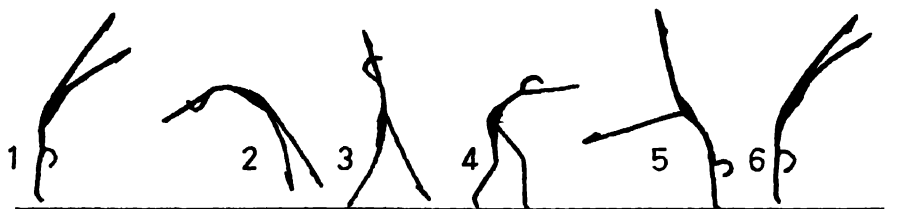
Practise the bounce off the hands with good shoulder extension, either with or without a spotter.



Try the move off a padded springboard with a spotter to support on the shoulders and the back.

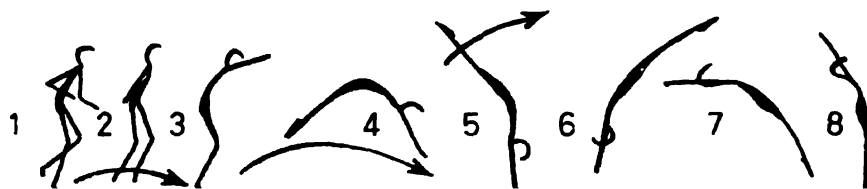
Try it off the floor with support.

Practise single-leg handsprings with two or three in a row.



1, 2: Keep the arms up and the legs split wide, with the first leg landing under the hips. 3-5: Keep stretched with a slightly arched body, then reach forward from the hips into the second handspring with the hands keeping in front of the shoulders as they punch off the mat.

The flyspring can be learned at this stage.

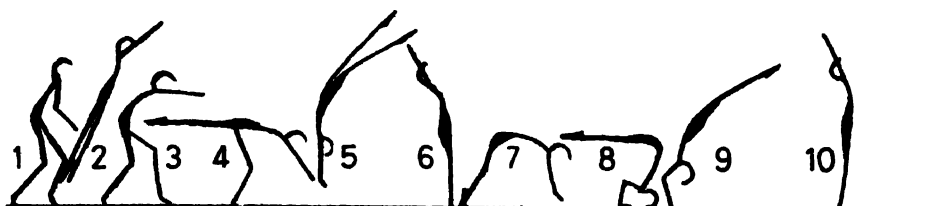


1-5: Swinging the arms forward and upward, jump forward using sharp knee-flexion and extension and with slight hip-bend.

5-7: Punch through straight arms with good shoulder-extension, and over-swing the legs into the flight, with a stretched body.

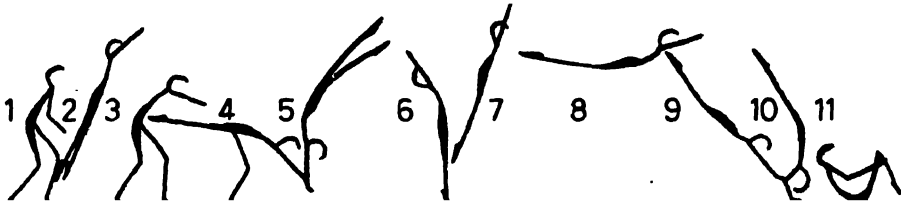
SOME RELATED COMBINATIONS

Handspring to Handspring



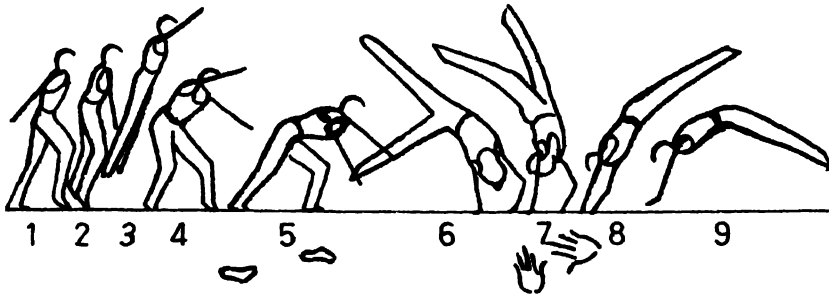
You must spot-land the handspring (point 6) before dropping forward into the headspring.

Handspring to Flying Roll



Land the handspring with the feet right under the hips in order to maintain the momentum, keeping the shoulders, head and hips extended (point 6). At point 7, fully extend the knees into the jump, using the speed from the handspring. Jump up and forward, lifting the heels for the rotation of the roll.

Round-off

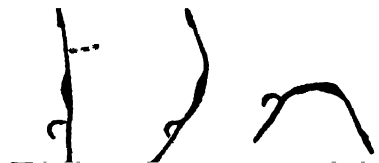


IMPORTANT POINTS

1: Hop-step facing forward with the arms stretched forward. 2-4: Reach forward over the front leg with a straight body and with one hand reaching for the floor and the other arm up by the head. 5-7: The entire body begins to turn as the first hand makes contact with the floor, with the upper body and the hand positioning leading the turn. As soon as the second hand reaches the floor, diagonally facing your starting direction, the legs come together and the body-weight moves over both hands. 6-9: Snap the feet towards the ground causing hip-flexion, and push hard through the chest and arms keeping the arms by the head, ready for the following move.

PRACTICE EXERCISES

Perform a cartwheel with a quarter-turn to face the way you have come. Do the same thing, but bring the legs together in the air and make the quarter-turn before landing. Repeat this, but with a hop-step into it. Practise the snap-down action from a handstand and donkey-kick. You can do this off a box-top.



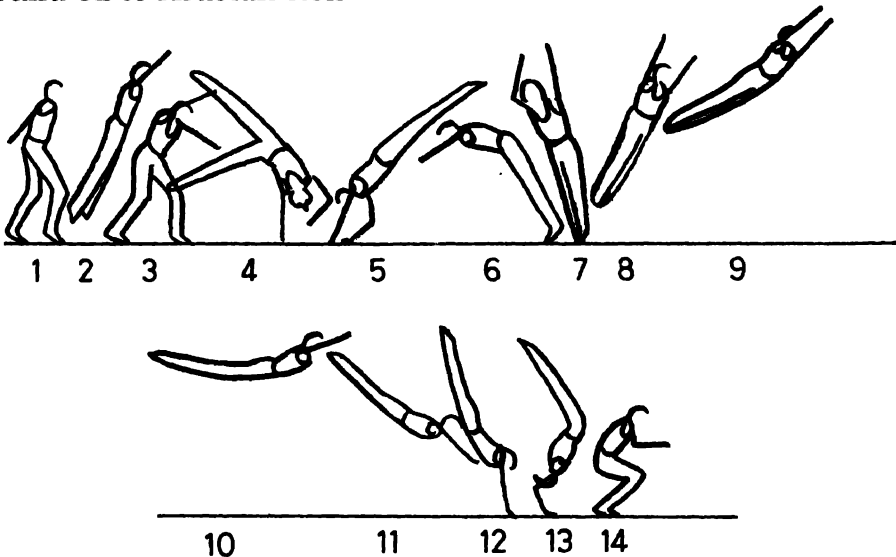
Take the hop-step off a low platform and perform the complete round-off.



Perform the move on the floor, concentrating on positions of the hands and feet and on the snap-down of the legs. As the feet land, jump off them with a stretched jump and the upper back rounded (having pushed through the chest), in preparation for the following move.

A RELATED MOVE

Round-off to Arabian Roll

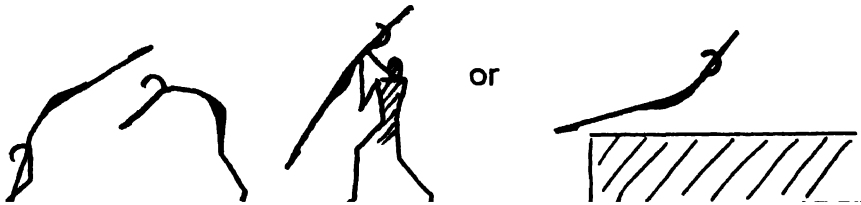


IMPORTANT POINTS

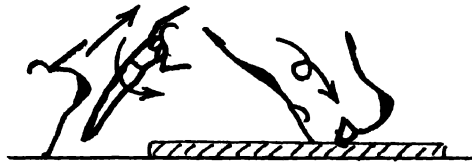
5-7: The round-off must be correctly completed with the full half-turn without the feet being angled towards the direction of turn of the roll. You must push from the floor with the arms up, and extend through the knees, for the jump into the roll.
7-9: The 180-degree turn is completed during the first half of the flight, the turn being initiated by the turn of the leading shoulder. 9-11: The whole body is now fully extended with the head and the chest up and the heels continuously lifting for the rotation. The body must be able to move into a near-vertical roll without having to pike at the hips.

PRACTICE EXERCISES

Round-off and jump backward with a tight body into either a spotter's hands or on to a thick crash mat.



Round-off and jump up and back with 180° turn extending the leading shoulder. Land either in a standing position or in a prone position on a crash mat. Jump backward from standing and make a 180° turn before rolling out into a crash mat.



Round-off and Arabian roll using a spotter (to support chest and legs) and a crash mat.



Learn (a) to jump up first and then move into the turn, and (b) to get enough rotation by lifting the heels.

Backflip (Flic Flac)

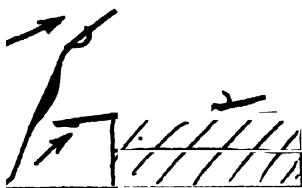


IMPORTANT POINTS

1-3: As the arms swing down and back, sit the hips and chest back without letting the knees bend forward. 3, 4: Then start to drive forward and up with the arms at the same time as the knees and hips start to extend driving off the heels. At this stage the head remains in a normal position, with the upper back slightly rounded. 5, 6: The chest and head are now extended along with the arms, and the body becomes hyper-extended from hands to feet. 7-9: Land with the hands slightly turned in and the shoulders fully extended, and as the legs flex over the top thrust hard through the chest and arms. During this period, do not allow the shoulders forward of the hands, nor the knees to bend.

PRACTICE EXERCISES

Practise the jump backward with arm swing either on to a crash mat or with the help of a spotter.



and/or



Try the backflip off a low platform with a spotter. You can try it in slow motion then speed it up.



Try the backflip off a sloping platform on to a thick mat.

Now try it on the mat, at first with a spotter.

SOME RELATED MOVES

Tempo Backflips



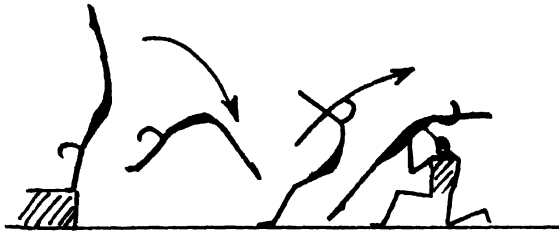
IMPORTANT POINTS

4: The shoulders should be completely extended with the hips hyper-extended. 5, 6: Using the reaction from the extension of the shoulders and hips snap the legs down smartly, and thrust strongly through the arms and chest. 7, 8: Land the feet forward of the hips and drive strongly through the hips and heels with the next backflip. The first backflip must move without a pause into the second.

PRACTICE EXERCISES

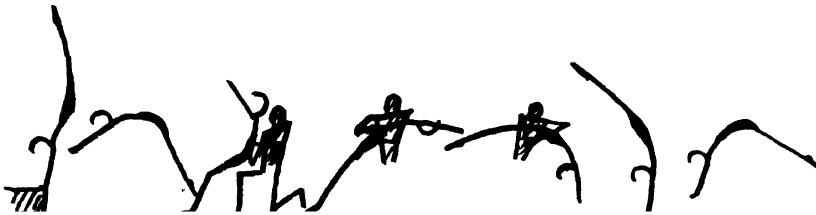
Snap down from a box-top and jump up and back off the heels with help from a spotter.

Using the same snap-down drive into a backflip with support.



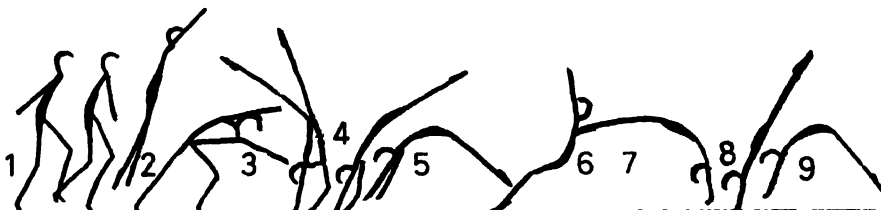
Now try the move without using a platform.

From standing, try two tempo backflips with support. There should be no pause between flips.



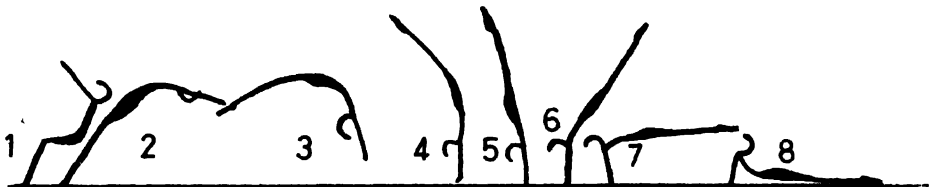
Now try four or five backflips, speeding them up as you go.

Round-off Backflips



Points 4, 5 must be performed in similar fashion to the second part of a backflip, with snap-down of the legs and push through the arms and chest. The feet must land farther forward than in the round-off on its own. Make sure the hands and feet keep the round-off backflip in a straight line. At first, try it with the help of a spotter.

Backflip to Front Support

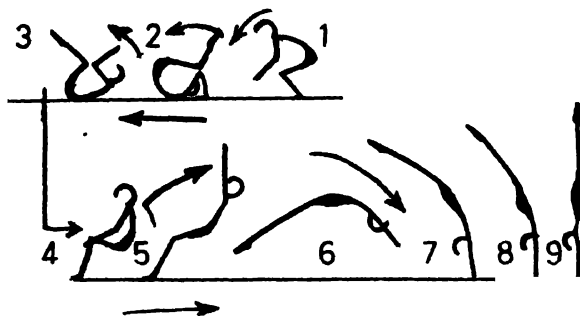


IMPORTANT POINTS

1, 2: Jump up slightly higher than with the normal backflip. 3: Keep the body arched longer in order to reduce its rotation. 4, 5: As the hands land, tighten the body into a momentary handstand. 6, 7: Then lean the shoulders slightly forward,

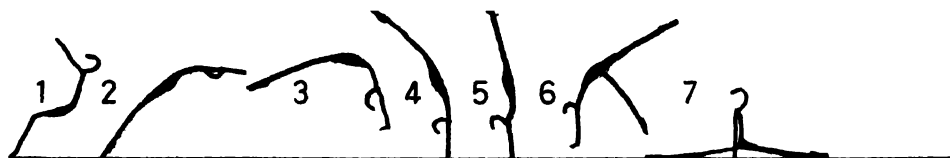
round the upper back and flex the hips slightly as you drop into front support. At first, a spotter can assist by checking the feet in handstand before the drop to front support.

Forward Roll to Backflip to Handstand



The forward roll should not be completed, and instead of jumping backward, you should stretch the whole body backward and upward into the backflip. Then shorten the time of flight and reach for the floor with the hands. As they touch, tighten the body in the handstand.

Backflip to Splits



Slow the speed of rotation as in the two previous moves. Then use the hollow to react into this snap-action in order to lift the whole body as you reach handstand and stoop the front leg through into splits.

PRACTICE EXERCISES

You must be able to do front-back splits. Work flexibility exercises such as the two in the diagram below.



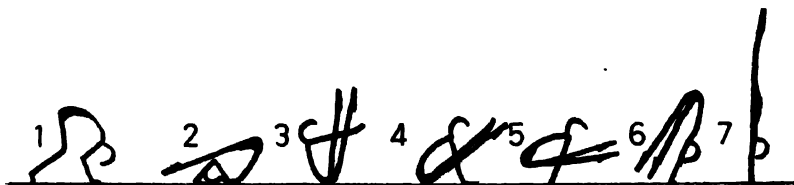
From front support, hollow to pike and stoop one leg through to splits.



Kick to handstand, slightly hollow and snap at the hips and chest, and stoop the leg through to splits.



Forward Roll Straddle Half-lever Press to Handstand

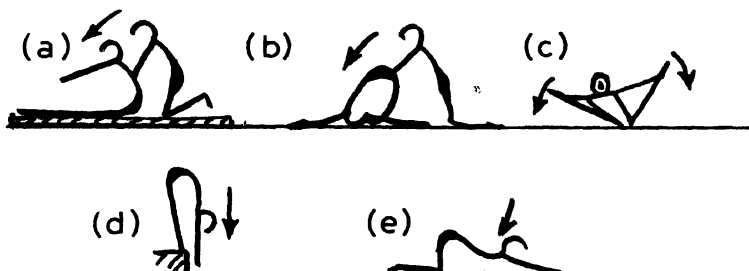


1, 2: The roll must be slow and controlled, with the legs straightening as soon as the feet leave the floor. 3: Keeping the legs straight, form a tight V to enable the hands to reach forward on to the floor ahead of the seat. 4, 5: Keep the feet lifted well above the floor, with the legs straight, and press up into a momentary half-lever position by leaning forward with an extremely rounded back and a tight pike. 5-7: Now lift just the hips without leaning the shoulders too far forward. Then lift the legs to a straddle handstand before closing them.

PRACTICE EXERCISES

It is essential to have the required flexibility and the necessary muscular strength in order to perform these lifts to handstand.

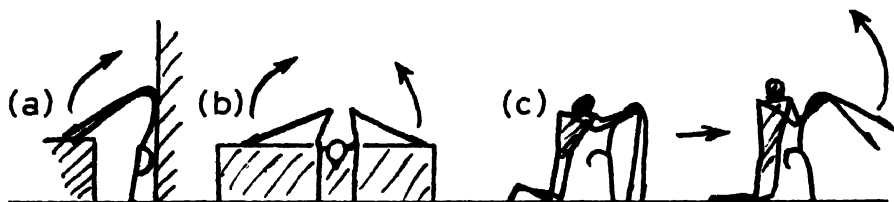
(a)-(e) Five exercises for flexibility:



(a), (b) Two exercises for strength:



Place the hips above the shoulders and hands on floor to put the upper body into a handstand position, and rest the straddled legs on a platform. Practise lifting the legs to handstand, (a) against a wall, (b) without a wall, (c) with a spotter.



In arabesque, place the hands close in front of the balancing leg, lean slightly forward and lift the body to handstand with a slight swing of the legs.



Try and perform the forward roll straddle half-lever several times in a row.

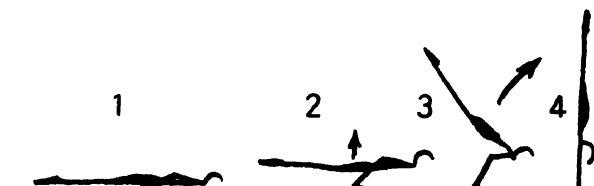


Try to perform the previous exercise with more speed, especially where you lift up into the straddle half-lever and, without holding the lever, press straight out into handstand.

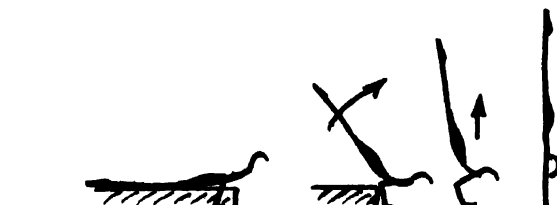
SOME OTHER LIFTS TO HANDSTAND

Press to Handstand from Front Prone Position

This requires considerable strength in the chest, shoulders and arms. At points 1 and 2, with strong hand support, flex the chest muscles to lift the body off the floor.

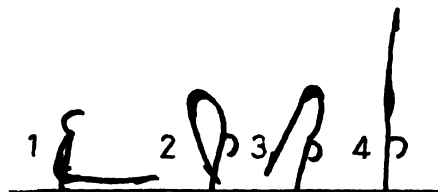


As a practice exercise you can press off a box-top to give a bit of extra height in the beginning.

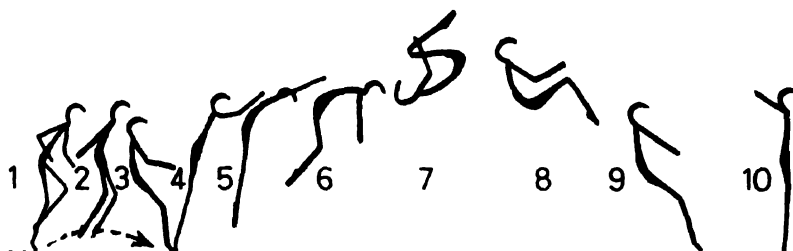


Press to Handstand from Straight Half-lever

This is similar to the press from straddle half-lever, except that it requires greater flexibility and strength to stoop through the arms into the press.



Forward Somersault (Salto)



IMPORTANT POINTS

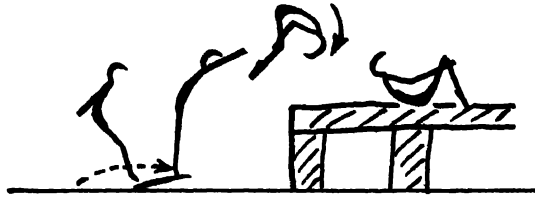
1-3: The hop into the somersault must be a low, quick jump, with the hips behind the feet at the point of take-off. 4: At take-off the arms and shoulders must be well lifted with the body extended, and no lean forward. 5: The head is flexed for rotation, but the arms and shoulders remain lifted. 6, 7: You must now tuck tightly, lifting the hips over the shoulders for quick rotation. 8, 9: Now you should look for the floor, extending the body for the landing.

PRACTICE EXERCISES

From a standing position on a low platform, jump up and forward and then tuck body before landing on a crash mat.

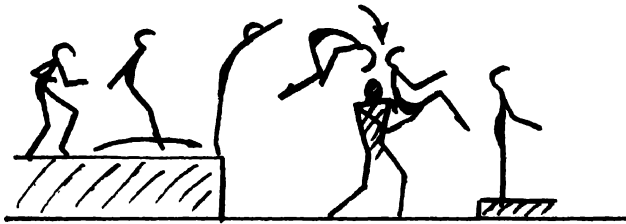


With the help of a spotter jump off a springboard and perform a forward somersault to land on a mat-covered platform. Learn to reach upward before rotating.



The same, but land on your feet on a crash mat.

Construct a long, low platform and take two to three steps before taking off into a forward somersault to land on a crash mat.

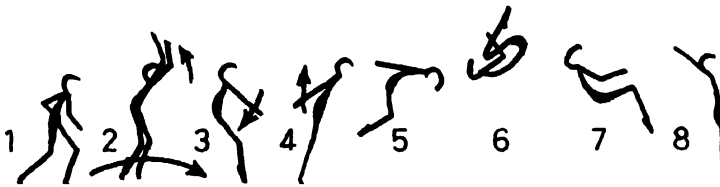


N.B. ARM ACTIONS

Apart from that already mentioned, there are two other types of arm action that can be used in the forward somersault:

The arms swing down from above the head. This method is used mainly after a handspring or headspring.

The arms swing rearward from in front of the hips. This method is very effective in securing good rotation from a short run.



The arms are continually lifted and the body follows them.

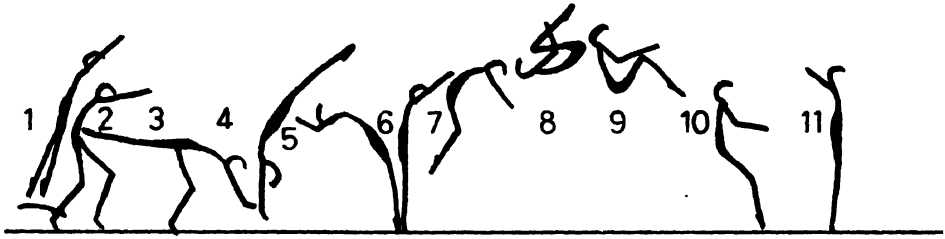
Try to step out from the forward somersault into a handspring.



2-5: The front somersault must be performed with height and good rotation. 6, 7: The legs should not be split too early for the step-out and the landing foot should be placed under the body with the other leg and the arms reaching with the handspring.

SOME RELATED MOVES

Handspring to Forward Somersault (Tucked)



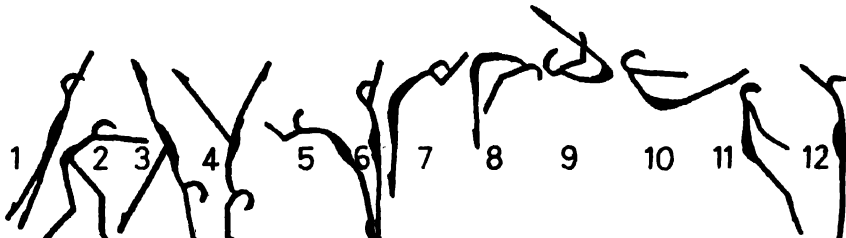
1-5: There must be fast rotation of the handspring with a strong push off the arms, and a quick landing with the chest and hips hyper-extended and the arms well behind the head at point 5 in order to extend into a high somersault. 5-7: The arm and shoulder lift should snap forward and upward from behind the head, at the same time as springing upward through the legs and feet into the somersault. 6-11: Review the 'Forward Somersault'.

PRACTICE EXERCISE

Take two or three hops down the mat and then do a forward somersault. As you jump with the forward somersault the body must be completely extended.

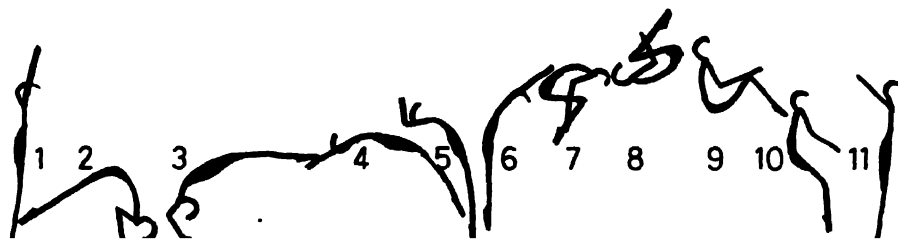


Handspring to Forward Somersault (Piked)



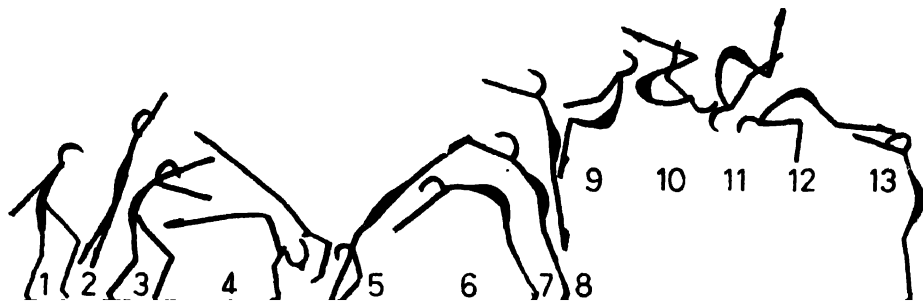
5, 6: Do not begin to pike the body during take-off. 7-9: Now pike the body by lifting the hips upward over the shoulders instead of leaning the upper body towards the legs.

Headspring to Forward Somersault



Make sure the handspring jump technique is correct before proceeding to this move. The headspring must be fast and explosive, with a high overswing so that the landing is high enough for an effective jump.

Round-off Back Somersault



1-5: Review the 'Round-off'. 5-7: The toes snap down to the floor and the strong push through the arms and chest must extend the body upward off the toes with no backward lean. 7, 8: The extended upward jump must have the upper back rounded and the head looking forward. 9, 10: The knees begin to lift upward over the chest in a tight tuck and the upper back keeps rounded with the head looking for the floor. 11-13: As soon as you see the floor, kick out from the tuck into an extended position for the landing.

PRACTICE EXERCISES

Learn the back somersault from stand.

Learn to jump up straight with the arm- and shoulder-lift and the upper back rounded.

Jump upward, lifting the knees and hips towards the chest without dropping the chest forward.

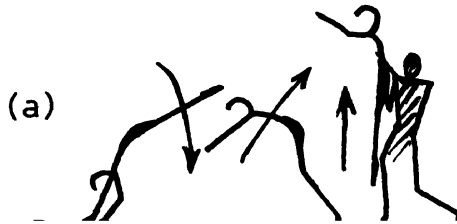


Now perform the somersault with a spotter, lifting the hips and knees over the chest, and then looking for the ground. Keep the upper back rounded all the time.



Try the above progressions on a trampoline.

Work on the jump from the round-off into a somersault:



(a) Snap down from a handstand on a low platform, and jump upward as for a back somersault with a spotter supporting on the back.

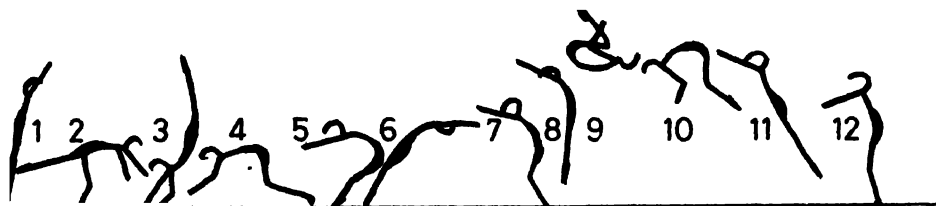
(b) Once the snap-down action is correct, perform the full back somersault with a spotter.

(c) Using a long platform, perform the round-off back somersault (with support from a spotter) off the platform to land on a crash mat.

Now do the whole combination on a mat with assistance from a spotter.

RELATED COMBINATIONS

Back flip to Back Somersault

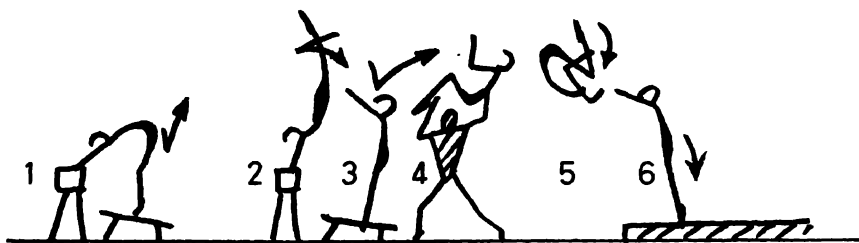


The snap-down action in the flip and the push through the arms and chest must be dynamic, with the jump into the somersault coming off the toes, not the heels.

PRACTICE EXERCISES

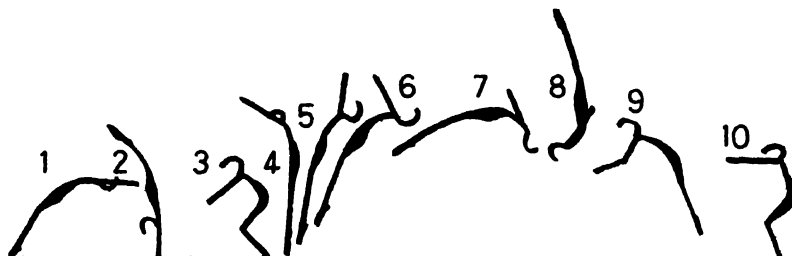
Practise the upward jump out of the flip, with the assistance of a spotter.

Practise the snap-down and somersault off a buck and trampette, with the aid of a spotter. (Remember, any trampoline delays the moment of take-off, so it cannot be depended upon for learning the whole process, although it is useful in learning the correct lift and position in the air.)



Try the combination on a mat, with the assistance of a spotter.

Back flip to Straight Back Somersault



IMPORTANT POINTS

1-4: The snap-down and extension into the jump for the somersault are the same as for the tucked back somersault. 5-7: The rotation comes from the chest and hips, with the feet lifting forward and up to maintain a straight body (without the shoulders leaning back). The head must not be extended for the landing.

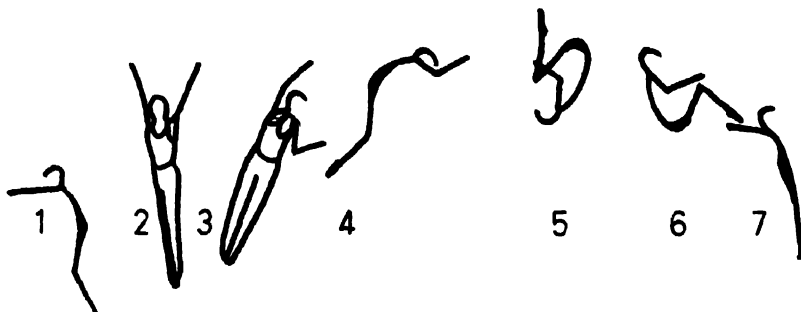
PRACTICE EXERCISES

Practise the snap-down and somersault off a buck and trampette, as in the previous exercises, but with straight somersault.

Do the combination with a spotter to assist the somersault.

Remember not to throw the head back.

Arabian Front Somersault (Back Salto with Half-turn)

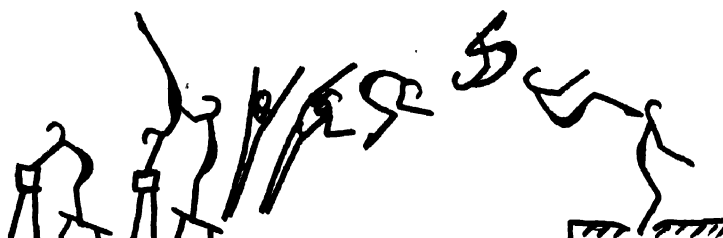


IMPORTANT POINTS

1: The same position as for a normal back somersault. 2, 3: The jump is upward and the turn is performed during the jump with the leading shoulder extending into the turn, and then lowering. 4-8: Immediately the half-turn is completed, rotate into a normal tucked somersault.

PRACTICE EXERCISES

Try the move off a buck and trampette, as for the back somersault.

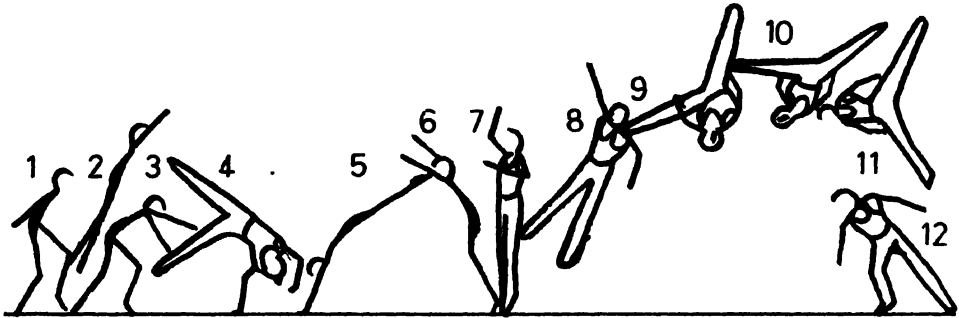


From one to two steps, try a round-off Arabian front to land on your back or your seat with a crash mat. Gradually increase the speed of the round-off.

Try the move now from either a fast round-off or backflip, with the help of a spotter.

When the height, turn, and rotation are perfected, try the move piked.

Round-off Side Somersault

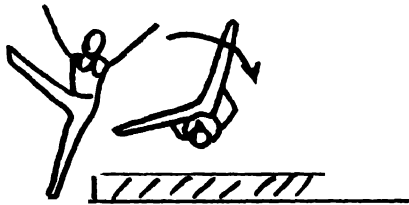


IMPORTANT POINTS

1-6: The same as for the round-off back somersault. 7, 8: Make a quarter-turn with the leading shoulder, extending the opposite arm. 9, 10: Lift the hips and legs into a tight straddle piked position, with the head in. 11, 12: Start to stretch out for the landing, which should end with the arms above the head.

PRACTICE EXERCISES

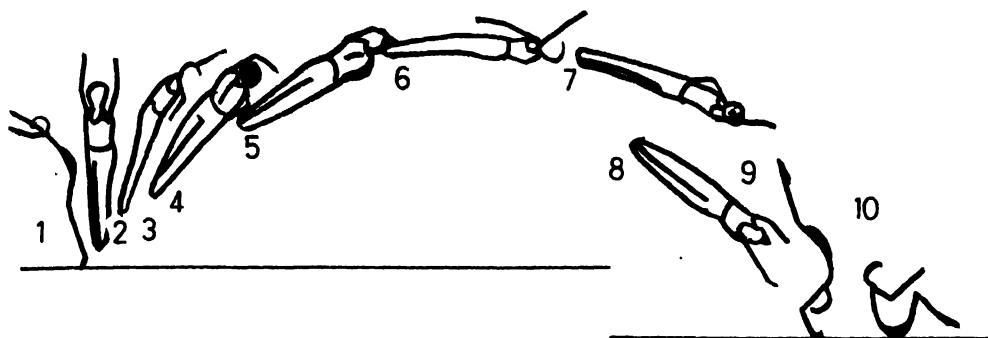
Try sideways rolls on a mat, concentrating on the wide straddle piked position. From a sideways standing position, lift the outside leg into a straddle position and fall sideways on to a crash mat, with the head in. Try it from a small jump.



Snap down from handstand on a low platform, jump into quarter-turn and try the second practice exercise. Now do the move from round-off, with a spotter to assist the lift and rotation by supporting around the waist.



Arabian Roll with Full Twist

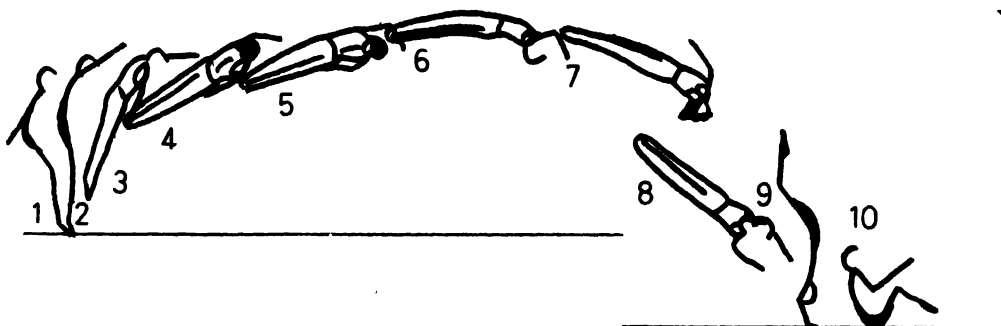


IMPORTANT POINTS

1, 2: The take-off is the same as for the Arabian roll. 2, 3: The first half-turn is completed by extending the leading shoulder with the head kept in, the upper back rounded, and the feet lifting for rotation. 3-7: The final full turn is performed with the leading arm wrapping around the body and the other arm extended, and reaching for the floor.

PRACTICE EXERCISES

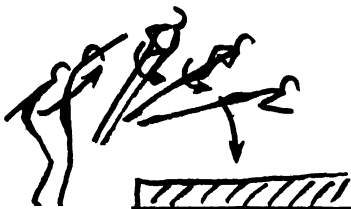
Flying Roll with Full Twist



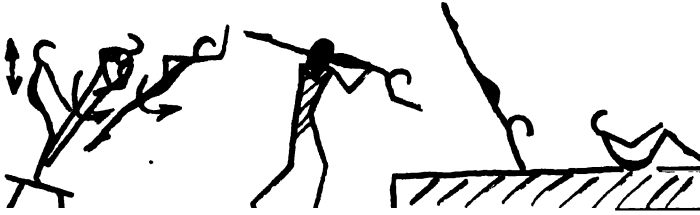
IMPORTANT POINTS

1, 2: Same as for the flying roll. 3: The leading shoulder, slightly extended at take-off (point 2), is lowered, the head is flexed forward and the hips are lifted to form a slight pike. 4-6: Wrap the leading arm around the body with the outside arm above the head, and for the second half-turn the outside arm will lead by fully extending from the shoulder. 7-9: Extend the lowered leading arm and straighten out the body in preparation for the roll-out.

Jump forward, make a 360-degree turn to land in stretched prone position on a crash mat.



Jump forward off a trampette and make a 360-degree turn towards a spotter, before rolling forward with a crash mat. The spotter can assist with height, heel lift and rotation.



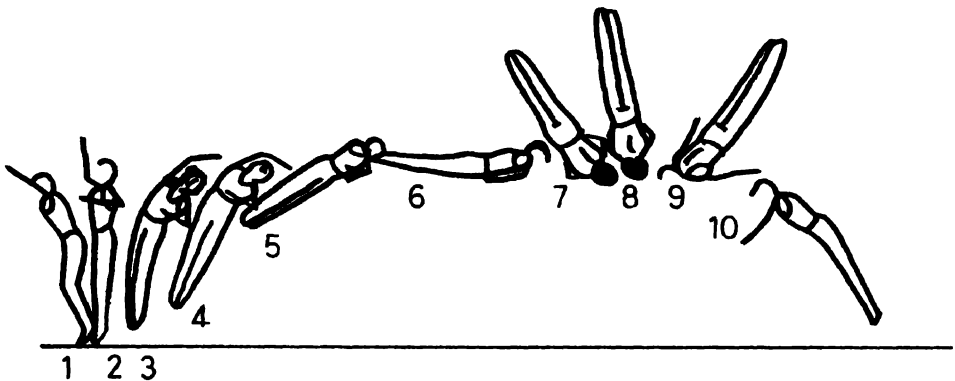
Now from a short run try the flying roll with full twist on to a crash mat, with the aid of a spotter.

From round-off, jump back with a one-and-a-half turn to land on a thick crash mat in stretched prone position, as in the second diagram of these practice exercises.

Try the one-and-a-half turn on the trampoline.

Now do the full move with the help of a spotter, and remember (a) to have the head in and the hips lifted before wrapping the leading arm into the full turn, (b) to extend the wrapped arm and straighten the body as you complete the full turn, to prepare for the roll-out.

Back Somersault with Full Twist



IMPORTANT POINTS

Make sure you can do a straight back somersault first. 2-4: After take-off the turning arm and shoulder are lowered with the head turning towards the turning shoulder, and not being thrown back. The arm wraps across the chest. 5-8: The second arm now wraps across the chest to assist the turn. 9, 10: Both arms should now be extended with the body maintaining a straight position for the landing.

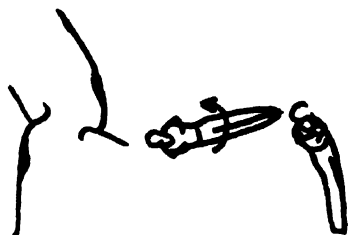
PRACTICE EXERCISES

Perform a straight back somersault, and as soon as you spot the floor, wrap the arms across the chest and turn the head towards the turning shoulder.

Using a trampette and buck:

Perform a straight back somersault with the body tight.

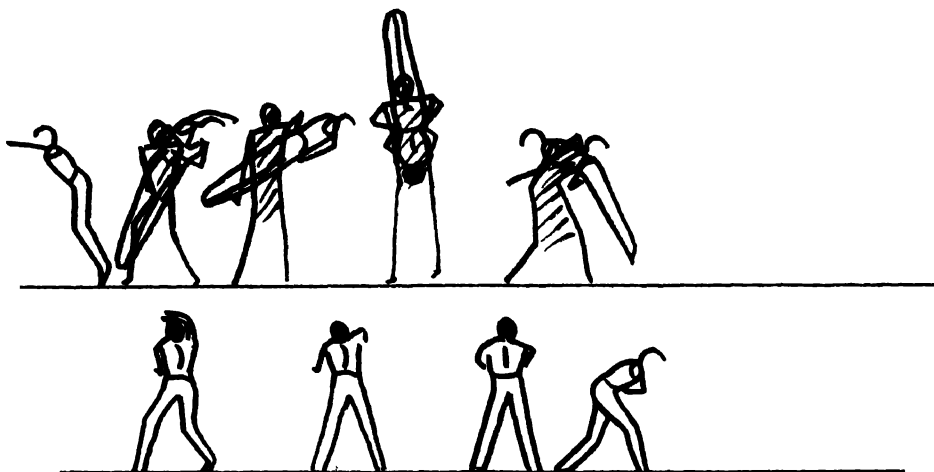
Now perform a straight back somersault, and when you spot the crash mat put in



the twist, turning the head towards the dropped shoulder on the twisting side, and wrapping in the arms. Keep the body tight throughout.

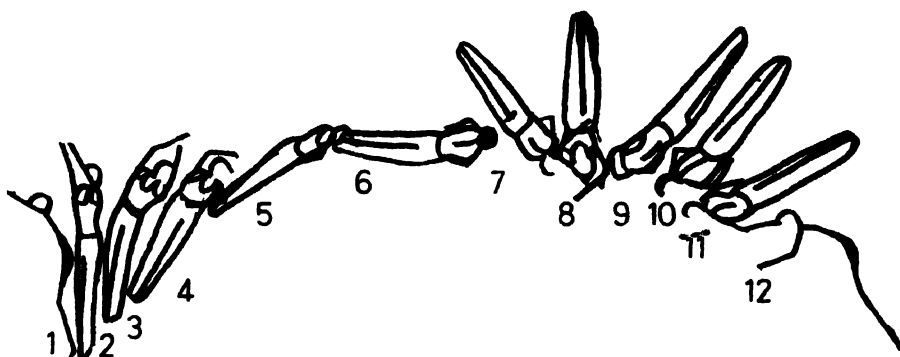
Now try to twist earlier in the somersault.

Try the full move on the mat from round-off or backflip, and with the help of a spotter. The spotter can either hand-spot, taking you after the first half-turn and aiding the rotation for the second half-turn, as in the diagram below, or you can use a twisting belt with two spotters.



RELATED MOVE

Back Somersault with Double Twist

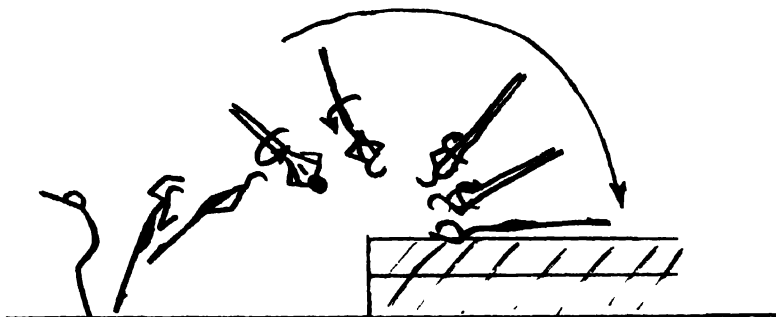


IMPORTANT POINTS

1-3: Jump off strongly, lifting with the arms and shoulders. 3-9: The turn is begun early, leading with the head, dropping the twisting-side shoulder, and wrapping the arms tight across the chest. The body must be kept tight throughout. 10-12: Extend the arms for the landing.

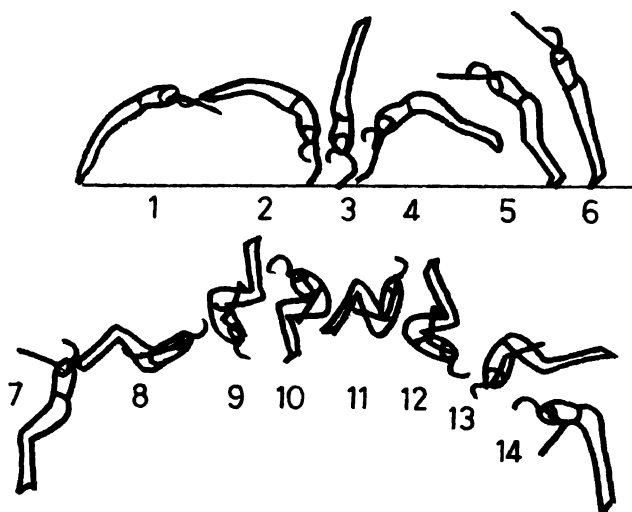
PRACTICE EXERCISES

Practise the back somersault with full twist, turning as early as possible. Gradually increase the twist in the somersault, to land in prone position on a crash mat at least hip high.



Using buck and trampette, try to move on to thick crash mats.

Now try the move on the mat to land on a crash mat, with either a hand-spot or a twisting belt and two spotters.

Double Back Somersault**IMPORTANT POINTS**

1-6: Similar to the backflip back somersault, but in order to increase the speed and force of the snap-action you can flex-extend your arms sharply at 3. At 5, 6, you

must extend the body with a very strong arm- and shoulder-lift. 7-12: The first somersault must be completed at the highest point, with the head straight and the upper back rounded. The second somersault should be tucked in very tight, with the head slightly extended to look for the floor. 12-14: Spot the floor as soon as possible to prepare for the landing.

PRACTICE EXERCISES

After a single back somersault, look for the crash mat and do another half-somersault to land on your back, on thick crash mats.

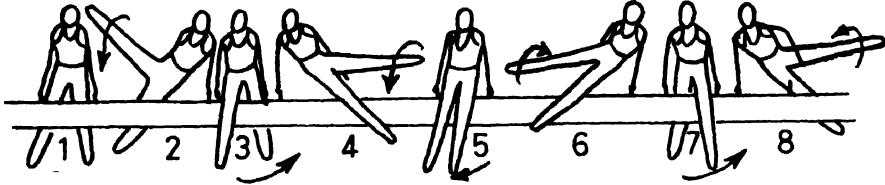
From a buck and trampette, do a double back somersault, in a spotting belt with two spotters, into thick crash mats.

Do the full move on the mats to land on a crash mat, with two spotters who should aid the lift, rotation and landing.

This move must be safely learned before being done without assistance.

2 · SIDEHORSE (Pommel Horse)

Pendulum Swing—Single Leg Exercise

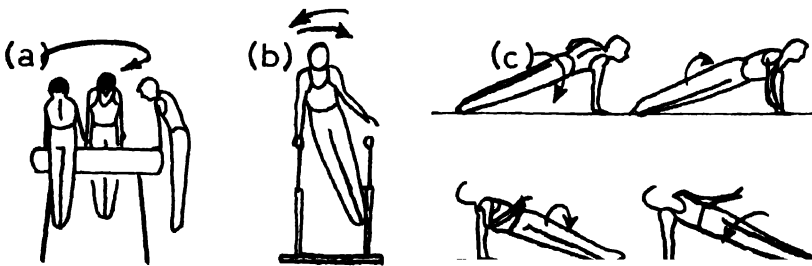


IMPORTANT POINTS

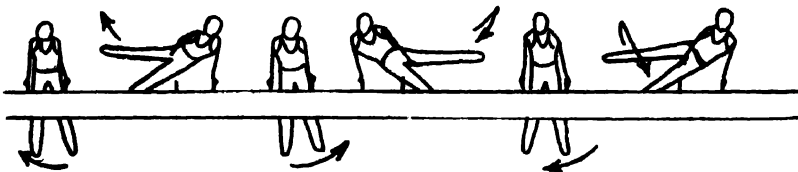
1, 2: Swing up high from the shoulders with strong support on the opposite arm. 2, 3: The legs and hips must be kept straight, and as the pendulum swing comes down the body-weight should be returned to support on both arms. 4-6: The hips should be in front of the hands, with the shoulders slightly leaning back. Regrasp quickly at point 4, and keep the hips especially straight at point 6. 7, 8: Regrasp quickly, and swing both legs keeping them apart.

PRACTICE EXERCISES

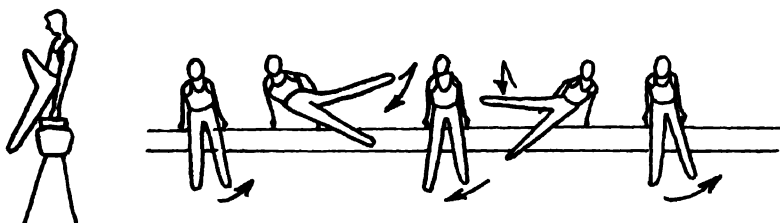
- (a) Walk around the horse with the hands, keeping the arms straight and lifting in the shoulders.
- (b) At the end of the parallel bars, lean from side to side with a small swing in order to practise transferring the body-weight from one arm to the other.
- (c) Practise leaning from right to left in front support position, and in back support position.



- (i) Swing from side to side in front support, swinging the whole body with the legs apart, and lifting in the shoulders.



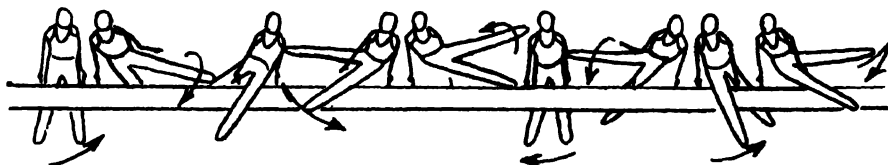
(ii) With the hands forward on the pommels swing from side to side in back support, with the shoulders leaning slightly backward and the whole body extended forward.



(iii) Swing in straddle-support, working first with right leg forward and then with left leg forward. Face forward during the swing, with both feet lifting above the top of the horse.

Connect together the above three pendulum swings in the following combinations, with rhythmical swinging from the shoulders:

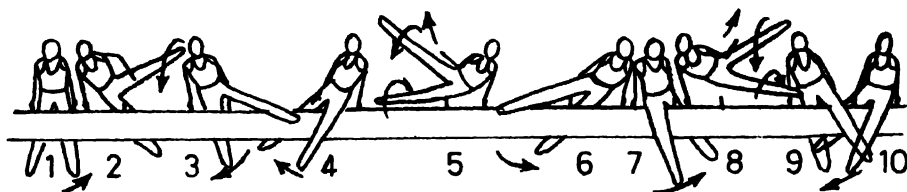
(i) — (iii) — (i) — (iii) — then the other way, three or four times.



(ii) — (iii) — (ii) — (iii) — then other way.

(i) — (iii) — (ii) — (i)

Front Shears (Scissors)

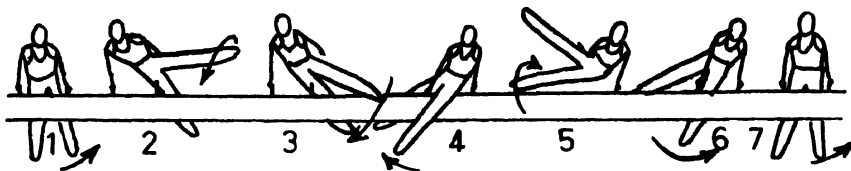


IMPORTANT POINTS

1–3: Swing up high and then turn the hips towards the horse rather than moving the upper leg forward. Regrasp the pommel quickly. 4, 5: Swing up high before extending and turning the hips in order to exchange the front and back legs. As the hip region slightly hyper-extends, you should feel that the abdomen region leads this change of sides. 6: Regrasp the pommel quickly and continue the swing for the change the other side.

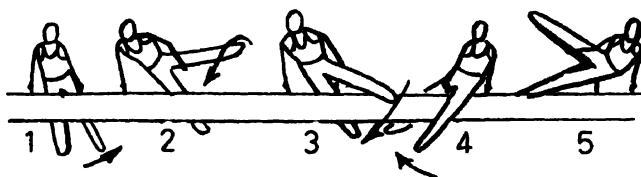
PRACTICE EXERCISES

From pendulum swing in front support, swing in left leg and undercut it under right leg to support swing.

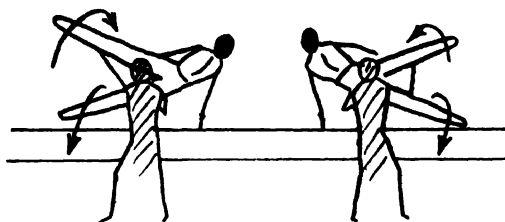


As soon as you regrasp the pommel at point 3, swing the legs up high without dropping the shoulders. During the undercut inward at point 5, try to swing up high and slightly backward instead of merely moving the left leg inward. After swinging up, turn the hips for the downward swing. Try two to three in a row, and then change legs.

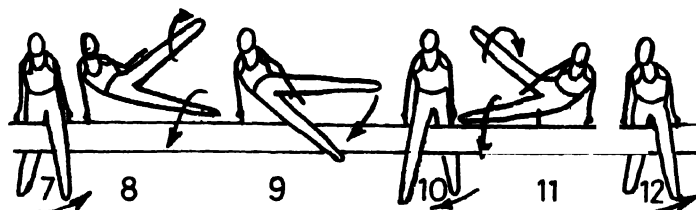
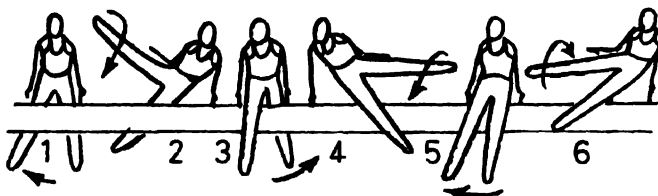
The same, except that at point 5 you place the left foot on the horse, keeping the right leg high and with the hips nearly fully extended. Try it the other side.



During these pendulum swings and scissors, a spotter can help with the lift of the legs.



Back Shears (Scissors)

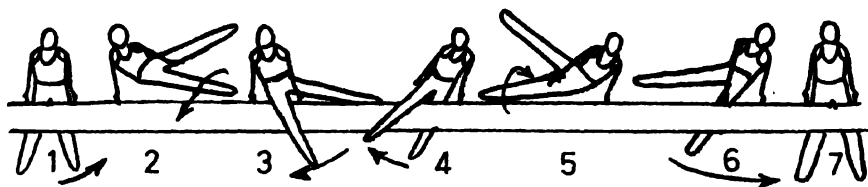


IMPORTANT POINTS

1-6: 'Pendulum Swing—Single Leg Exercise'. 7: Keep a strong grip on the pommels, and swing the legs up backward concentrating on the rear leg swing. 8: Transfer the body-weight on to the right arm, and maintain the upper body position during the shear, but with a slight turn of the hips. Try to widen the angle between support arm and chest. 9, 10: Regrasp quickly without pulling the hips back, and prepare for another shear.

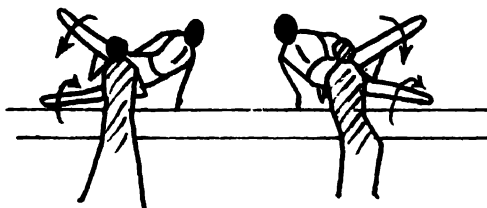
PRACTICE EXERCISES

Practise undercut outward from front support swing, swing right in straddle-support, and then swing front leg inward for front support swing.



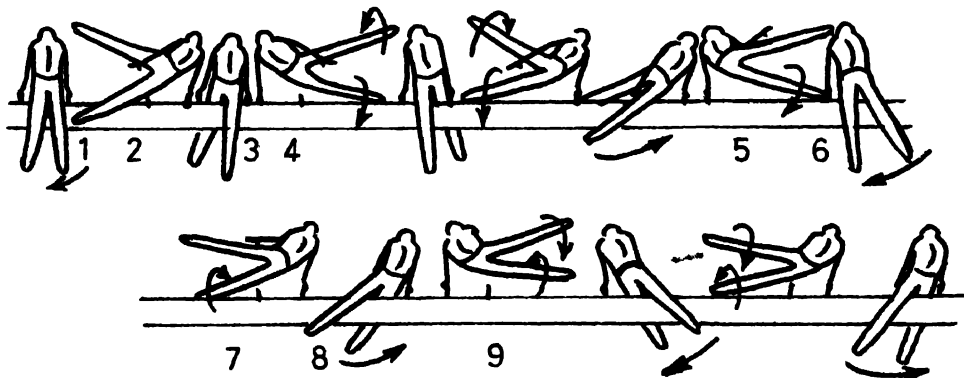
Same as previous exercise, except that at point 5 you place the left foot on the horse and support the body with extended hips and a high right leg. Try it also on the other side.

Do the shears with a spotter to assist the leg-swing from behind. Concentrate on the transfer of body-weight and the swing of the rear leg, before aiming for a higher leg and hip lift. You should aim to do about ten shears without breaking rhythm of the swing.

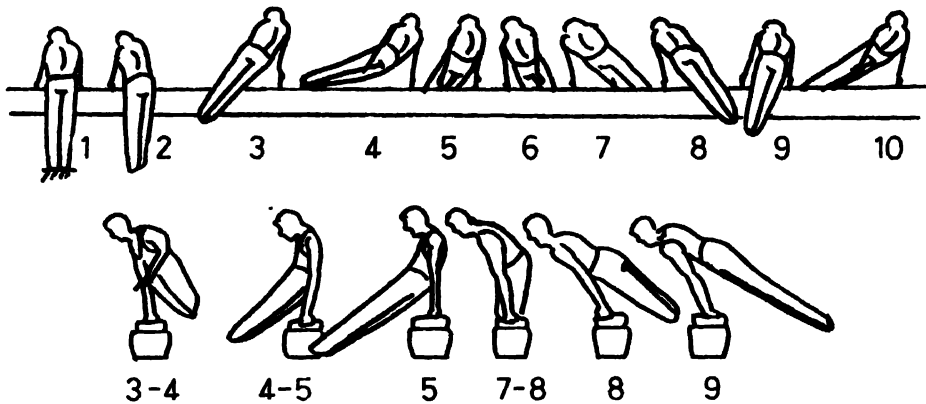


A RELATED COMBINATION

1: Front support swing. 2: Leading leg swings outward. 3: Into straddle-support swing. 4: Front shears. 5: Undercut front leg inward. 6: Front support swing. 7: Undercut back leg outward. 8: Into straddle-support swing. 9: Back shears.



Double Leg-circle



IMPORTANT POINTS

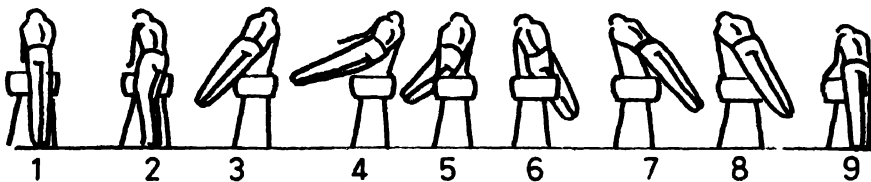
3, 4: Hips and body should already be turned slightly in the direction of starting the circle (i.e. to the left) with the feet facing upward and the shoulders still parallel to the horse. 4: Regrasp the pommel quickly, with extended hips, without the shoulders leaning back. 5: The hips should be extended outward with the shoulders leaning slightly back. 6-8: Keep the hips extended and slightly turned, with the body stretched from shoulders to toes. Regrasp the pommel quickly. 8, 9: The upper back should be rounded and the body straight with the feet and hips making as large a circle as possible.

PRACTICE EXERCISES

Using a buck, jump up lightly and perform a half-circle to rear support, with the hips circling outside the buck. Move the hands fast, facing them diagonally outward.

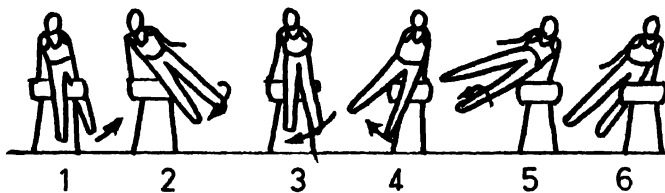


Now perform a full circle on the buck.



1-3: Do not jump up too high, but feel rather the circling of the hips around the back. 3-5: Support strongly on the right arm and keep the hips extended, without the shoulders leaning too far back. 6, 7: Now start to lean the shoulders slightly forward, maintaining extension in the hips. 7-9: Do not pull the hips in, but maintain the circle with the body extended and turned slightly to the left.

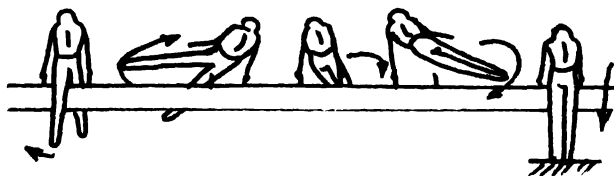
On a buck, perform three to four front undercuts (single leg-circles). Try to keep the undercutting leg as horizontal as possible. Maintain the hip-position slightly leftward at points 4 and 5, and quickly resupport at points 2 and 6.



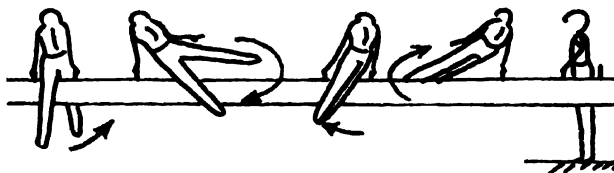
On a buck, at hip-height, jump and swing both legs round in a half-circle to back support, landing the feet on a low platform, and keeping the body extended all the time.



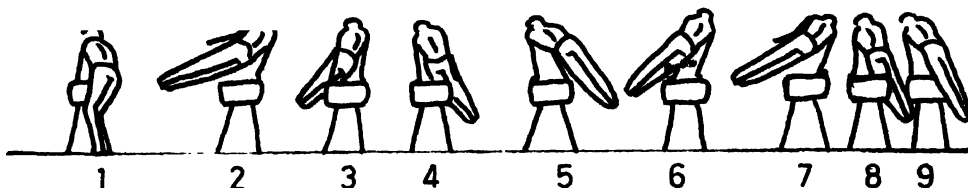
From straddle-support on the pommels, make a half-horizontal circle of the rear leg, pick up the front leg quickly and circle both legs to front support positions with feet landing on a low platform. Do not pull the hips inward nor lift them during the inward circle.



From straddle-support on the pommels, circle the front leg horizontally inward, pick up the back leg and circle both legs outward with an extended body, to land on the floor in front of the horse, facing in the opposite direction to the circle. Keep the hips circling horizontally.

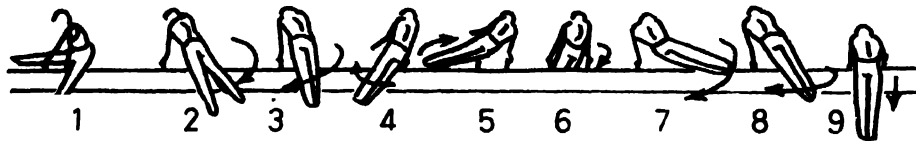


Try to perform ten double leg-circles on the buck.



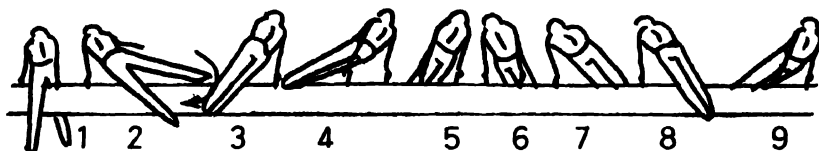
4-6: Keep the shoulders parallel with the buck and lean slightly forward to compensate for the backward swing. Replace hands quickly and keep the hips extended and circling all the time.

From straddle-support outside one pommel, feint round, gather the legs quickly, and move into a full double leg-circle back to front support before landing.



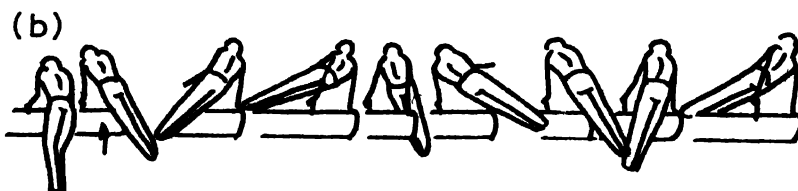
1, 2: Do not lift the hips, and as you make a strong horizontal swing with the front leg quickly put the body-weight on to both arms. 3, 4: Gather the legs quickly and turn the hips slightly away from the horse. 5, 6: Quickly regrasp the pommel and keep the hips extended. 7-9: Maintain the extension of the hips during the inward circle, and regrasp quickly before landing.

Start in straddle-support, swing front leg inward to pick up back leg, and perform three to four double leg-circles.



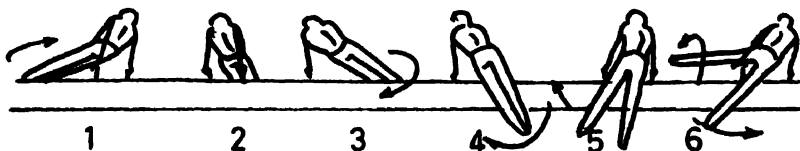
1, 2: Keep rear leg against the horse until the front leg swings horizontally round for the pick-up. 3, 4: Turn the hips slightly away from the direction of the circle. Do not lean the shoulders too much towards the supporting side, and keep them nearly parallel with the horse all the time.

As well as practising the exercises above on the pommels, practise them on both ends of the horse. Due to the different height of support, you need to learn how to adjust the transfer of your body-weight. Placing the supporting hand closer to the pommel will particularly help the smaller gymnast, and that hand should be placed facing out sideways. Do not circle the hips excessively high for either the inward circle or the outward circle. Instead, emphasize the turn of the hips away from the direction of the circle to prevent them from hitting the pommel.



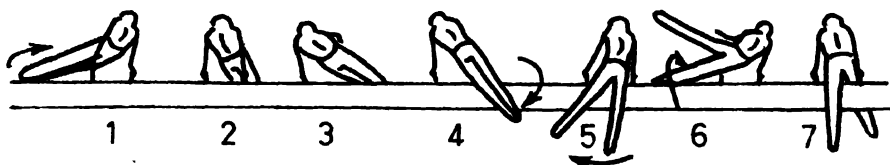
SOME COMBINATIONS

Double leg-circle—outward swing of leading leg—straddle-support.



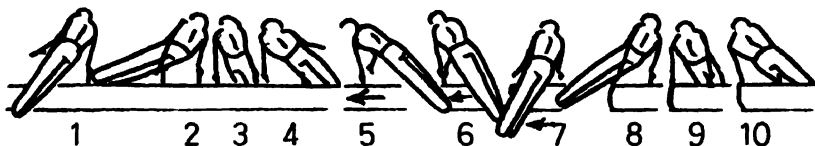
3,4: Lift the leading leg (left) up high, and keep the other leg clear of the horse. Try and exercise a front shear from the straddle-support swing.

Double leg-circle—undercut following leg outward under leading leg—straddle-support.



3, 4: Control the speed of the circle. 4, 5: Turn the legs backward and upward without turning the hips, leaning the shoulders towards the supporting arm. 6: Lift up the leading leg while turning the hips slightly away from the direction of the swing for the undercut.

Travel Out

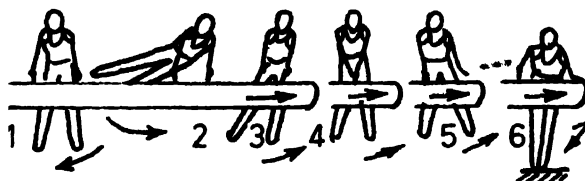


IMPORTANT POINTS

1-3: Review the 'Double Leg-circle' paying special attention to hip extension during point 2 which will facilitate shoulder-lean during points 4, 5. 4-6: Transfer shoulders towards the direction of travel, and continue with the double leg-circle without lifting the hips, and with strong support. 7, 8: Turn the hips downward as the outward circle begins, and extend the body at point 8. 8-10: Review the 'Double Leg-circle'.

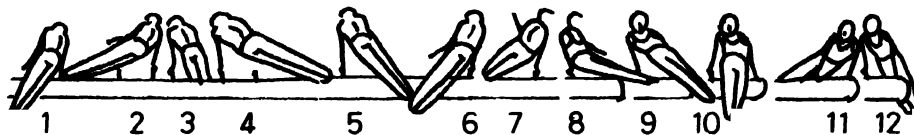
PRACTICE EXERCISES

From front support pendulum swing, travel to one pommel and then out to the end of the horse. Lead with the shoulder (left) until both hands grasp the one pommel, then lead with the legs until the left arm travels to the end of the horse.



Try it from double leg-circle: first, only to move to the end of the horse and after mastering that, without excessive hip lift continue the circle on the end of the horse.

Kreiskehre (Rear Out)



IMPORTANT POINTS

1–5: Review 'Double Leg-circle'. 6–8: 'Turn to face the direction of the kehre, and begin to lead the turn with the shoulder (right). Support the body on the leading (right) arm with the hips close to that arm and extended. During the kehre the upper body should be upright with a slightly extended chest, the pommel should be under the seat, and the free (left) shoulder should be slightly pulled back with hand raised. 8–10: Extend the hips forward during the outward circle, and reach with the free (left) hand for the end of the horse under the seat. 10–12: Review 'Double Leg-circle' on end of horse.

PRACTICE EXERCISES

Sit on the floor, place the supporting hand under the seat and lean the support-side shoulders sideways and backward, with the head facing the direction of turn and the chest extended. Keep the supporting arm straight.



Jump lightly off a low platform with hands on pommels, and try a half-kehre with the body finishing in front support on one pommel and the end of the horse, before landing on the floor. The hips should be slightly turned away from the direction of turn.

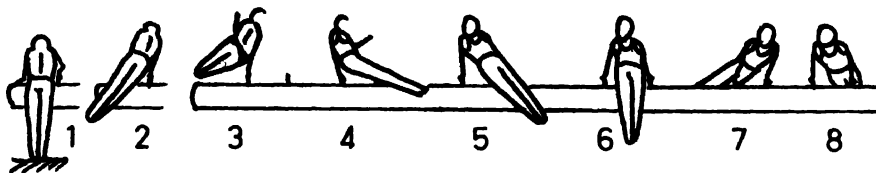


When the previous exercise is smooth, instead of just being a jump around, try the entire turn with the help of a spotter to support leading arm and hips, to end up in rear support position. Keep the hips above the pommel; extend the chest and turn the head; lead with the supporting shoulder, with hips semi-extended.

When the exercise is being done well without a spotter, as soon as the free hand contacts the horse continue to circle round to front support. Extend the hips before going into the circle.



Kreiskehre—from End of Horse to Pommels

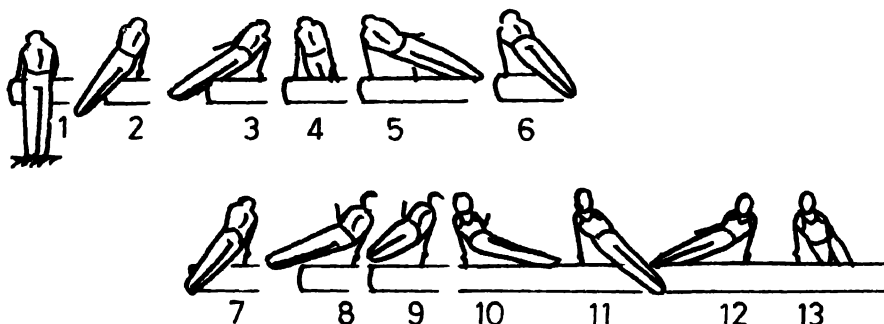


IMPORTANT POINTS

1, 2: Jump up lightly with hips slightly turned away from the direction of the kehre. 2, 3: Lean the supporting shoulder and turn the head in the direction of the kehre, with the upper body close to the support arm. The feet should be kept low, making a wide circle, with a wide hip angle. 4–8: Review 'Kreiskehre'.

PRACTICE EXERCISE

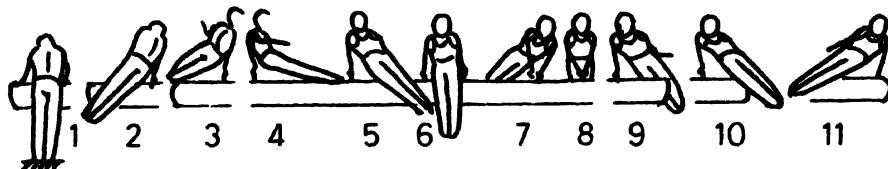
After mastering it from the floor, try it from a double leg-circle at the end of the horse.



The key point is how well you can transfer the hips above the pommel for the kehre, at points 6–9.

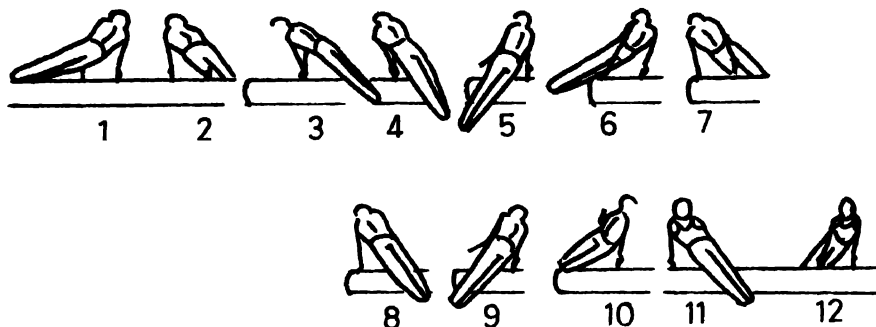
SOME COMBINATIONS

Kreiskehre from Stand to Travel Out



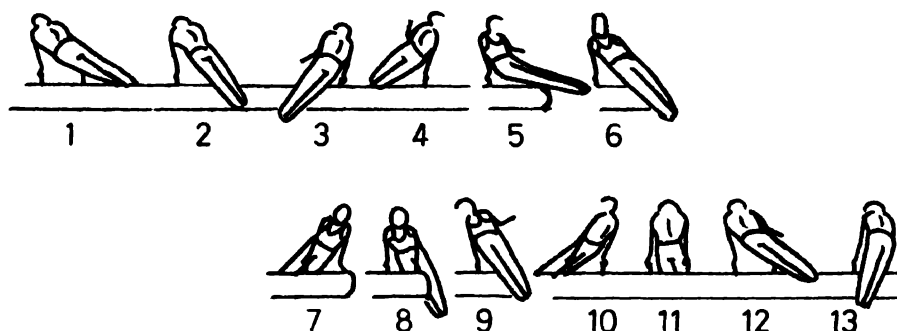
This is basically a simple combination of kehre and travel, but there is one key section at points 5–8: when the kreiskehre is executed to the rear support position (at points 5, 6) the support hand is still in pronated position. So it becomes a question of how strongly you can support your body-weight and transfer the body to front support on the one pommel with this grip. At first, add one complete double leg-circle in between the kreiskehre and the travel.

Tramlot (Travel Out to Kreiskehre In)



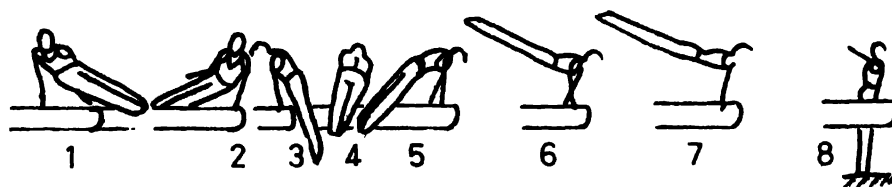
The performance of both the travel and the kreiskehre must be competent before putting them together. The key point is during the inward circle after the travel, to establish quickly the supporting arm for the kehre. The body must be close to the supporting arm, leaning towards the direction of the kehre, with the hips turned downward for the kehre circle. During the last part of the travel keep the hips circling horizontally.

Stockli (Kreiskehre Out to Kreiskehre In)



It is important that both kreiskehres be mastered before putting the two together. When trying the stockli, at points 7, 8 the head should already be beginning to turn towards the direction of the second kehre, and at point 8 the lean should be over the supporting arm, with the upper body close to it.

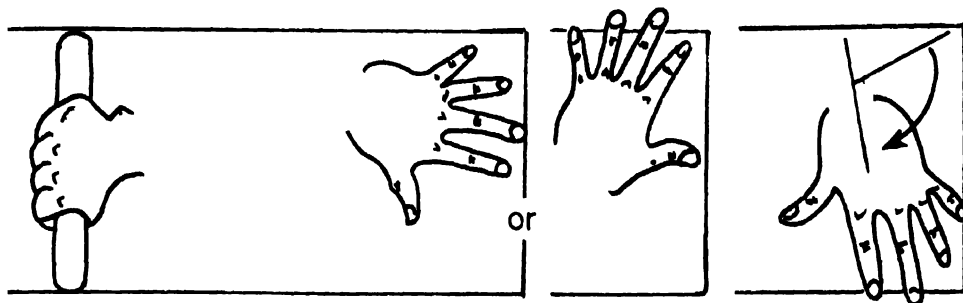
Schwabenflanke Dismount



IMPORTANT POINTS

1, 2: Review 'Double Leg-circle' on the end of the horse. Remember to change the position of the supporting hand on the end of the horse from sideways or backward to forward before moving to cross-support frontways:

Hand Placement

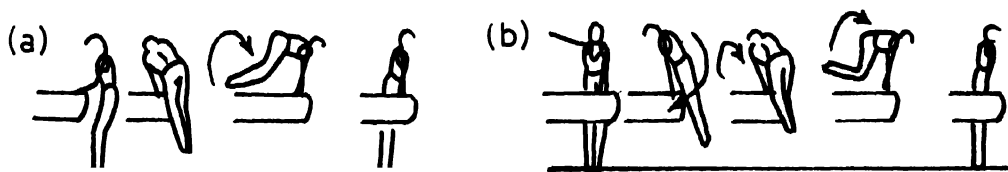


2, 3: As you place the hand forward, lean the shoulder towards the end of the horse and lift and round the upper back to lead the half-turn. The other hand should be quickly placed on the end of the horse facing the other way. 3-5: As the hips are lifted, lead the turn with both shoulders, keeping the feet low. 6, 7: Support on the crossed arms must be strong with a powerful extension of the lower body. Lift the head to extend the chest as the first hand leaves the horse, with the second (right) hand maintaining support.

PRACTICE EXERCISES

(a) At first, jump over the horse from a position facing the horse with both hands on the end, then gradually move round until you are starting from facing the end of the horse.

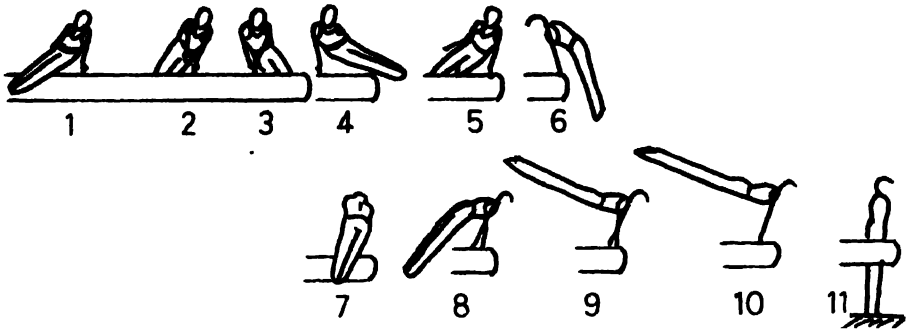
(b) Face the horse on the other side, place the first hand on the end and lightly jump into cross-support frontways with the upper back rounded and the second hand moving quickly into support. Then lead the turn with the shoulder (left) and lift the hips, bending at hips and knees, to get above the horse. Try to keep both hands on the horse as long as possible.



Gradually add speed to the shoulder lead, and extend at the legs and hips earlier and earlier until there is full extension throughout the move, with high body lift over the horse.

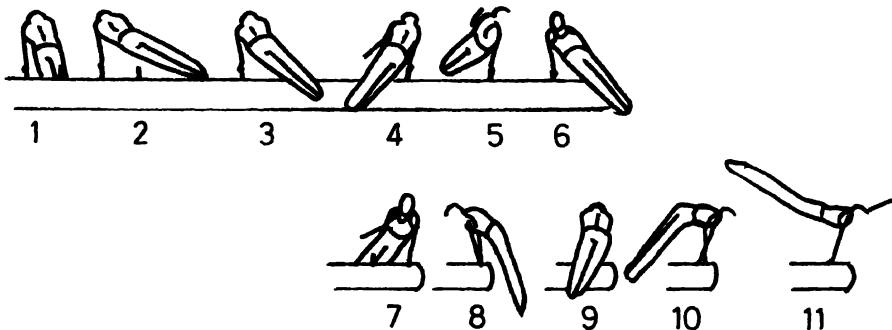
SOME COMBINATIONS

Travel Out to Schwabenflanke Dismount



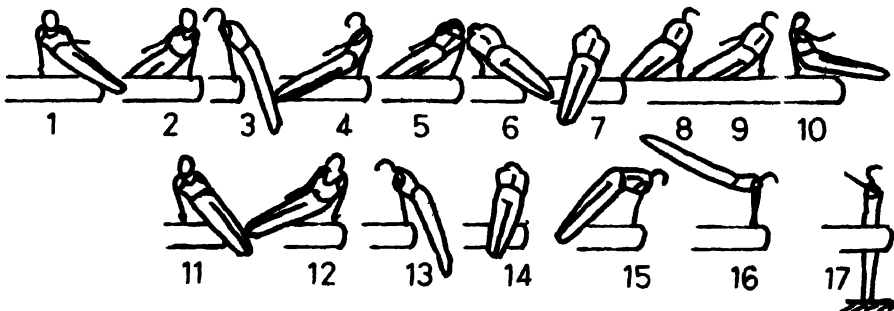
At points 4, 5, the first (left) hand must be placed facing forward and the travel-out circle must be performed with a large swing with extended hips, and the hip turn must be begun quickly at this stage. At first, try the combination with an extra double leg-circle before the dismount.

Kreiskehre Outward to Schwabenflanke Dismount



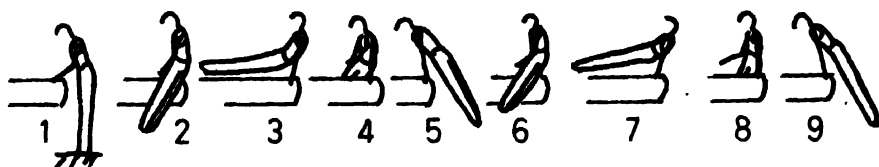
At point 6, the correct placement of the first (left) hand is very important. During the kehre, the hips must be extended in order to secure sufficient speed during the dismount.

Schwabenflanke to Direct Tramlot to Schwabenflanke Dismount



Try up to ten repetitions, with constant rhythm and good form. As the direct tramlot moves from the end of the horse uphill to one pommel, the first schwabenflanke must be as horizontally extended as possible to obtain a large movement of the shoulders. This uphill travel is a key point in this combination.

Double Leg-circles in Cross-support Frontways



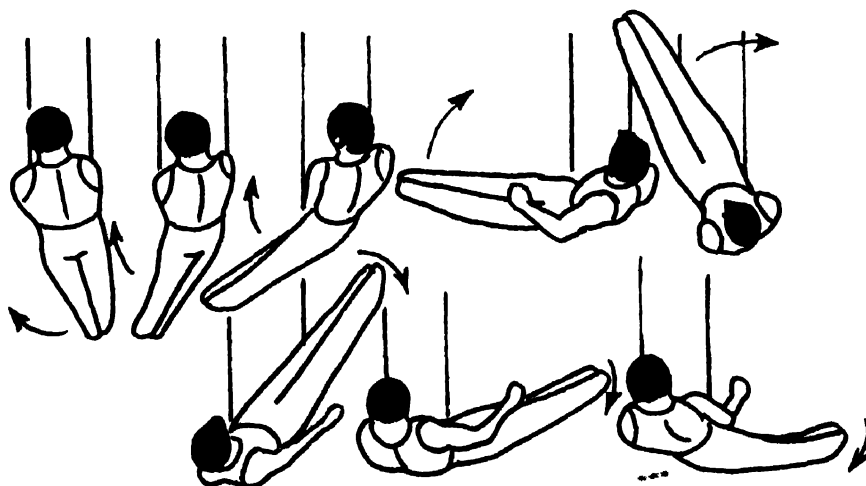
IMPORTANT POINTS

1, 2: Lead the shoulders into the circle which must be begun quickly. 2, 3: Regrasp fast, and keep the legs as low as possible, with minimal flexion of the hips, which should be ahead of the hands. 4, 5: Face the hips down and away from the direction of the circle. The hand (right) must regrasp fast, and the shoulders must lean forward so that the feet will not circle too low.

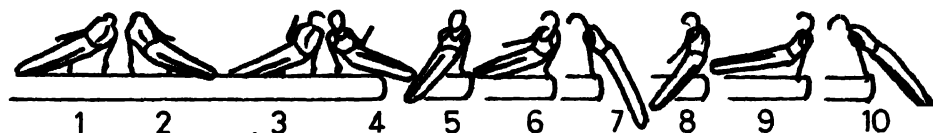
N.B. It is important to make this move as similar as possible to the normal double leg-circle, i.e. as horizontal as possible. If the circle of the hips is not extended enough it will be impossible to perform the move on one pommel later on.

PRACTICE EXERCISES

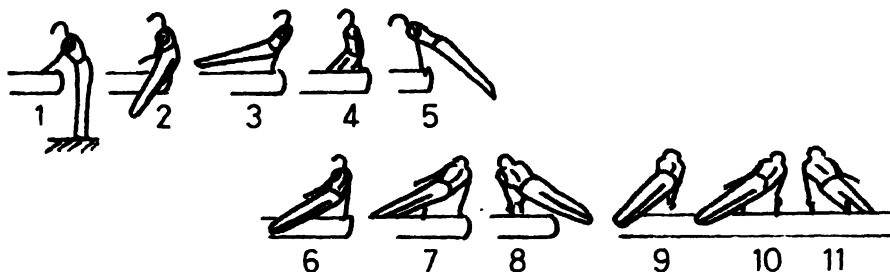
From standing facing the end of the horse, jump into support and perform one double leg-circle and return to stand. Concentrate on extending and circling the hips, and on facing the hips downward at the beginning of the outward circle and during the inward circle. Return to support position before landing.



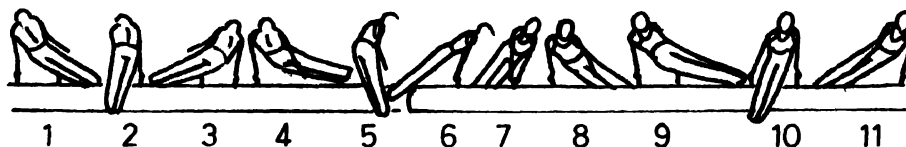
SOME COMBINATIONS

Kreiskehre Outward to Double Leg-circle in Cross-support Frontways

Review 'Kreiskehre to Schwabenflanke', and concentrate on the hand placement at the end of the horse. If each move has been correctly learned, this combination is not difficult.

Double Leg-circle in Cross-support Frontways to Uphill Travel

As you move from the circle into the travel, lead with the shoulders while continuously circling with extended legs, in order to transfer the body from the end of the horse to the pommels.

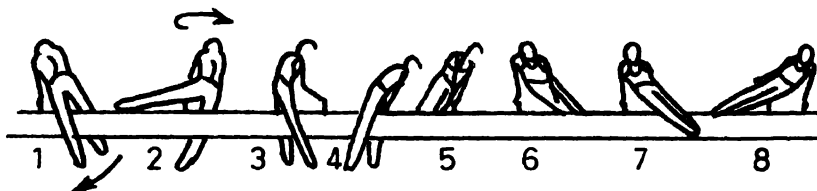
Czechkehre

IMPORTANT POINTS

1-3: Review 'Double Leg-circle' and aim to make outward circle (point 3) larger than normal. 4, 5: The lower body should follow the pattern of the double leg-circle, but the shoulders must generate the turn leading the first quarter-turn with the shoulders of the supporting side. Lift the upper body with slightly flexed hips, with the body-weight on the supporting (left) arm. 5, 6: Quickly regrasp with the following (right) arm, so that support is on both arms. At point 6, the hips must be completely extended. 6-8: Continue to generate the turn with the shoulders, using two-arm support as long as possible before moving into the double leg-circle. Extend the hips out, widening the angle between the support (right) arm and chest. 9-11: Regrasp quickly, and continue the double leg-circle.

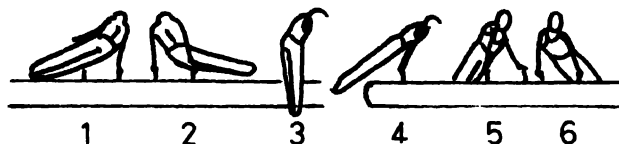
PRACTICE EXERCISES

Perform the straddle Czech from straddle-support swing.



1–3: Lean the shoulders slightly forward, and make the quarter-turn horizontally, at the same time circling the following (right) leg inward. 4, 5: The thigh of the leading (left) leg should be pressed against the horse. Remember to lead the turn with the shoulders, not the legs.

Practise the first half of the Czechkehre, to front support.

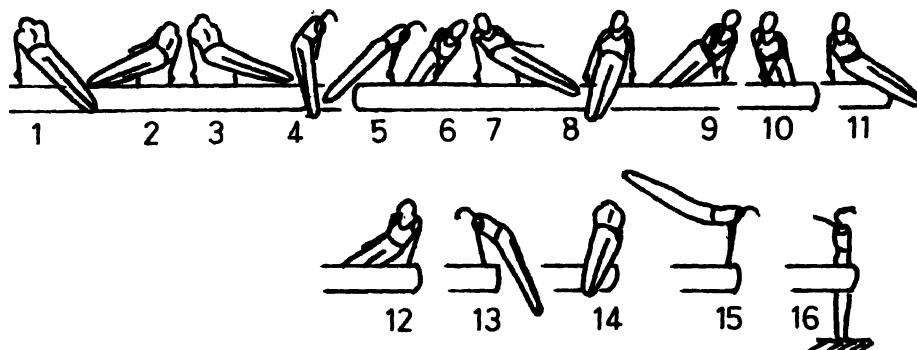


The aim is to master the transition from the double leg-circle to the Czechkehre especially the lifting of the upper back and the leading of the circle with the shoulders, after an extended double. The right hand must move early to the left pommel so there is a two-arm support as long as possible, while the circle continues round to front support.

Try two to three Czechkehres in a row with an extra double leg-circle in between.

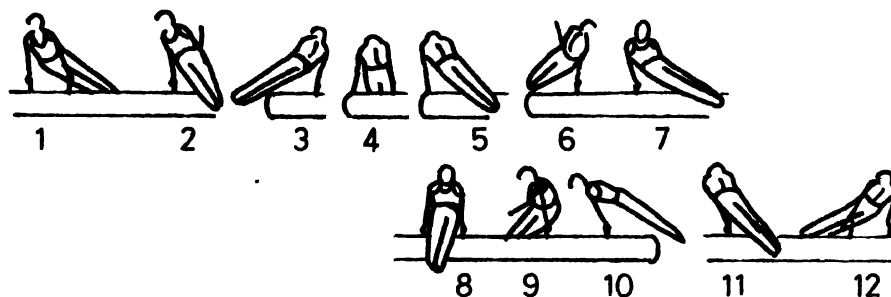
SOME RELATED COMBINATIONS

Czechkehre to Travel Out to Schwabenflanke Dismount



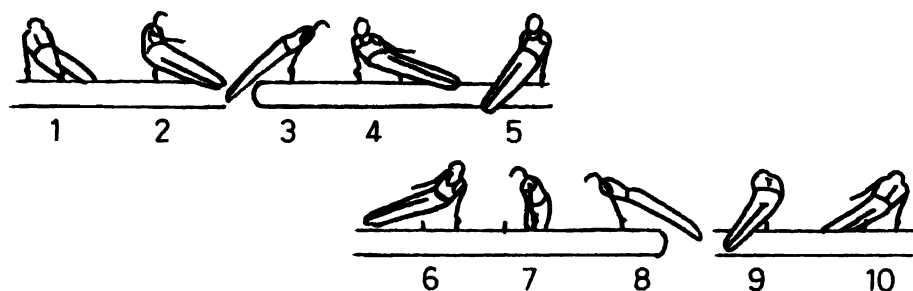
The two critical points of this combination are the direct transitions from the Czechkehre to the travel, and the travel to the schwabenflanke dismount. The individual moves must be correctly mastered, with special concentration on leading the turns with the shoulders, the extension of the body, the turning downward of the hips. Then the combination can be attempted.

Stockli to Czechkehre



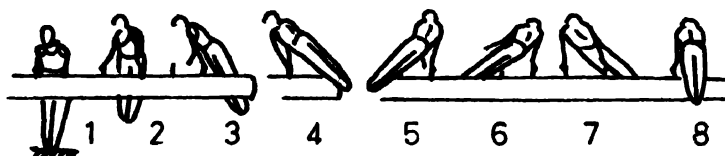
1–8: Review ‘Stockli’. Complete the second kreiskehre before extending into the Czechkehre. At points 8, 9, there must be full hip extension, and at point 9 the body-weight must come over the leading (left) shoulder, with the upper back being lifted and the hips slightly flexed.

Czechkehre to Czechkehre



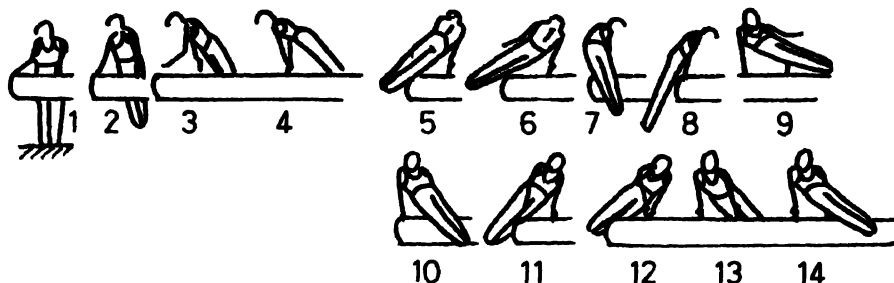
Complete the inward circle of the first Czechkehre with extended hips, at points 4, 5, before leading with the supporting (left) shoulder into the second Czechkehre. Aim to perform it five to six times, with an intermediate double.

Standing Frontways to Czechkehre



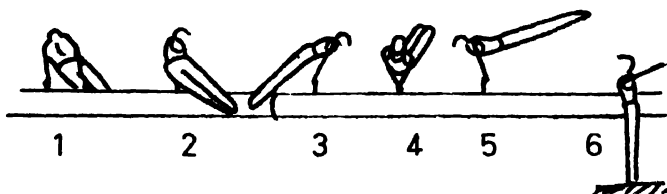
1–3: Jump towards the direction of turn of the Czechkehre in order to initiate circular momentum, and aid it with the following (right) arm while putting the body-weight on the supporting arm. Do not rush the following (right) hand into the cross-support position. Practise the start in order to obtain enough speed to continue the Czechkehre. The rest is as in the ‘Czechkehre’.

Standing Frontways to Czechkehre to Schwabenflanke to Uphill Travel



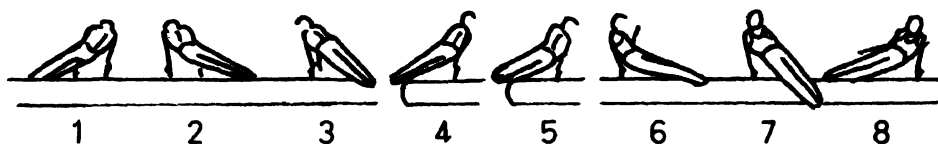
During the Czechkehre lift only the upper back (not the hips) and lean the shoulders forward. As soon as the inward circle is completed, place the left hand directed forward as in 'Travel Out to Schwabenflanke'. For the rest, review 'Schwabenflanke to Uphill Travel'.

Czechkehre Dismount



Because it is not possible to circle in a near-vertical plane, slightly flex the hips at point 3 and face the head towards the direction of turn of the Czechkehre in order to lead the circle before extending the hips sharply.

Direct Tramlot



IMPORTANT POINTS

The direct tramlot is a combination of the first part of the travel and the last part of the kreiskehre. 3, 4: Face the head towards the direction of turn as soon as you are in front support on the one pommel, and lead with the right shoulder to continue the last part of the kreiskehre. At the same time the hips must be faced downward, which will aid the shoulder-lead. 5-8: Review 'Kreiskehre'.

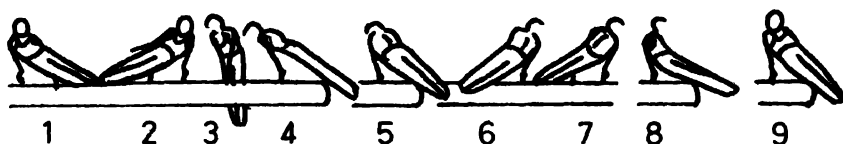
PRACTICE EXERCISES

Master 'Travel' and 'Kreiskehre'.

Try the move, thinking of the transfer of body-weight. Then adjust the degree of travel (shoulder-lean), the timing of the facing down of the hips, and the degree of shoulder-lead in order to master it.

A COMBINATION

Czechkehre without Intermediate Circle to Kreiskehre



As soon as the body comes into cross-support frontways, with both hands in reverse grip on the pommel, extend the hips and begin to lead the head and right shoulder for the kreiskehre. During points 5, 6, the turning down of the hips and the leading of the supporting (right) shoulder is identical to the 'Direct Tramlot'.

Back Stockli

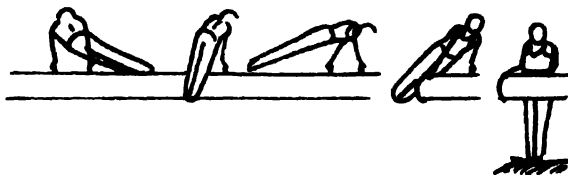


IMPORTANT POINTS

3-5: This move is similar to the Czechkehre, except there is only one supporting arm (left), to enable the body to turn on to the end of the horse. Keep the supporting arm and shoulder as in the Czechkehre, and the other (right) shoulder must lead the turn outward as soon as you push off the pommel. The head should be turned also, to aid the 180-degree turn outward. 6, 7: This is a normal double leg-circle on the end of the horse, except that the left hand is in reverse grasp.

PRACTICE EXERCISES

From double leg-circle on the pommels, circle backward and out on to the end of the horse with a half-turn in the direction of the double leg-circle, to stand facing frontways. The supporting (left) shoulder must lead into the half-turn. Adjust the force of push and the shoulder-lead for the right hand to be able to reach on to the end of the horse earlier.

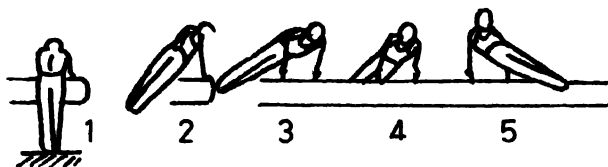


Try to move to begin on the end of the horse, and make the half-turn inward on to the pommels.

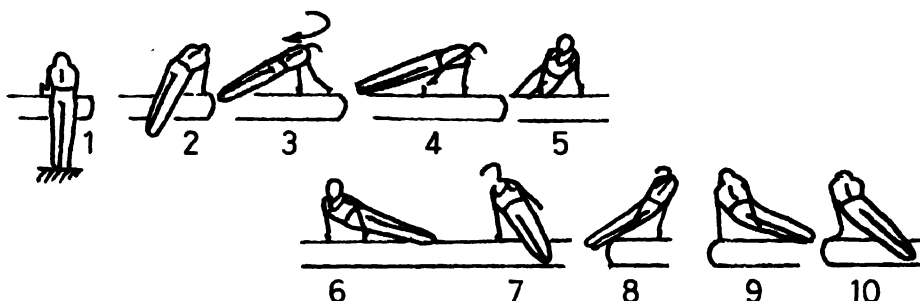
N.B. There is another technique for the back stockli whereby, at points 3-5, the following (right) hand moves directly to the end of the horse without regripping and pushing off the right pommel.

RELATED MOVE

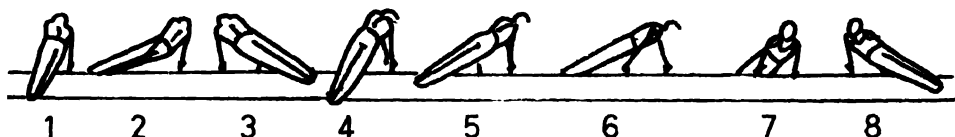
Drehflanke



The drehflanke is technically a 'Back Stockli', except that the support (left) hand is in reverse grasp. Instead of initiating the circular momentum from a double leg-circle, you must initiate it during the jump by leading the following (right) shoulder around the support (left) arm and drawing the feet in the same direction. Try to combine it with a kreiskehre following, so that you have then travelled the length of the horse. The key factor is the continuous shoulder-lead in one direction.



Double Swiss

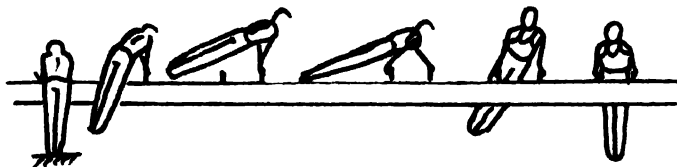


IMPORTANT POINTS

3, 4: Quickly regrasp the right pommel upon the completion of the inward circle, and turn the head towards the supporting side and quickly transfer the left hand to the right pommel in overgrasp. 5, 6: During momentary support on one pommel, keep the upper back rounded and extend the hips before transferring the right hand back to regrasp the other pommel. Because the hand changes need to be very quick, it may appear to be a hop turn; however, the circle must be smooth and extended. 6, 7: Lead the upper body with the shoulders, with a momentary delay of the legs.

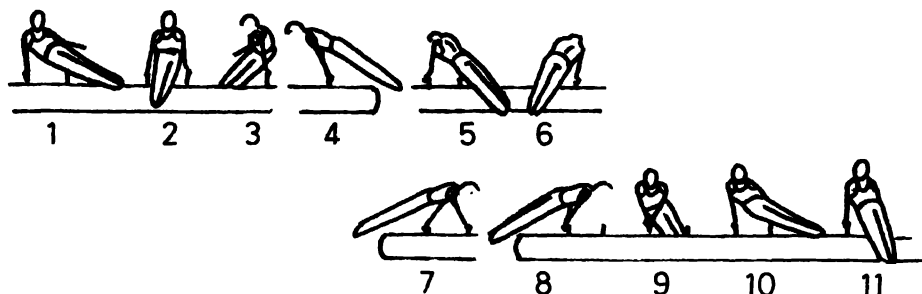
PRACTICE EXERCISES

From double leg-circle on the pommels, turn the head towards the supporting pommel, transfer the hands with the momentum of the circle, and land on the other side of the horse after attaining momentary front support. You can try this exercise by jumping from the floor into the circle.



Concentrate on the quick hand movement without breaking the circle. Follow the quick lead of the head and shoulders with that of the hands, so that the hand movement should be completed by the time the legs are coming over the horse in the inward circle.

Russian Kehre

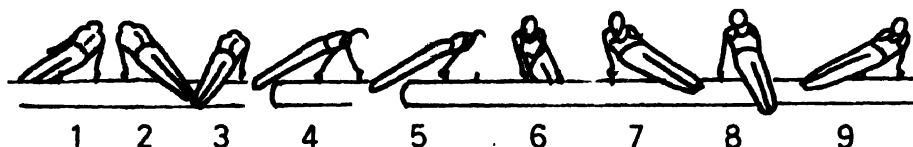


IMPORTANT POINTS

1-3: Review 'Czechkehre'. 4-6: As soon as you are in cross-support forward in reverse grip, after a stronger shoulder-lead than in a normal Czechkehre, transfer the leading (left) arm to the other pommel with a continuing circle of the shoulders. 7, 8: The following (right) arm must now push away from the pommel to join the left arm, after remaining slightly longer on the right pommel than in a normal Czechkehre. The upper back must remain rounded all the time. 8-11: Review 'Czechkehre'.

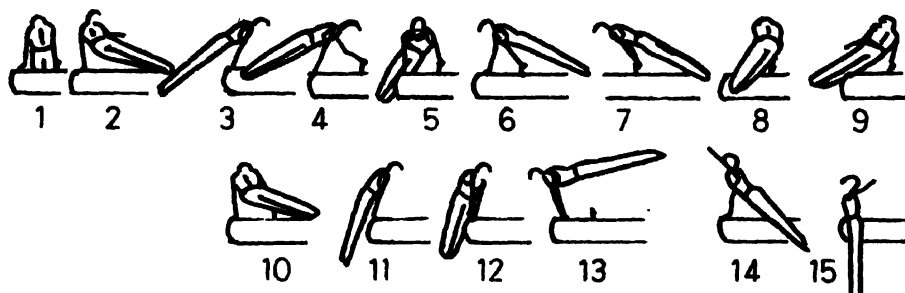
PRACTICE EXERCISE

Practise the Czechkehre with an extra hand support during the first quarter-turn, keeping the right hand longer on the right pommel, and then push off the right pommel to aid the circle, bringing the right hand to the left pommel in reverse grip. This is to learn the part at points 6-8 ('Russian Kehre' diagram).



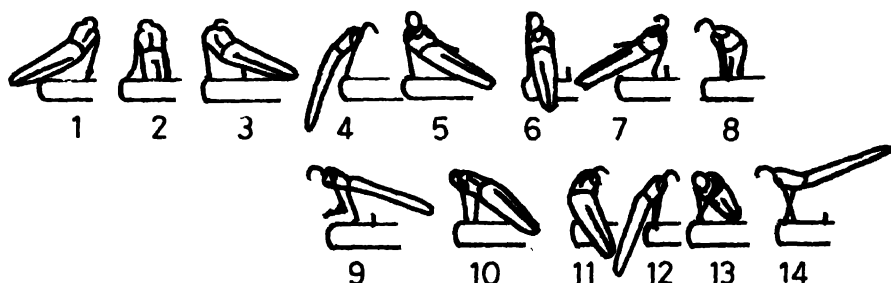
SOME RELATED COMBINATIONS

Russian Kehre (on end of horse) to Schwabenflanke Dismount



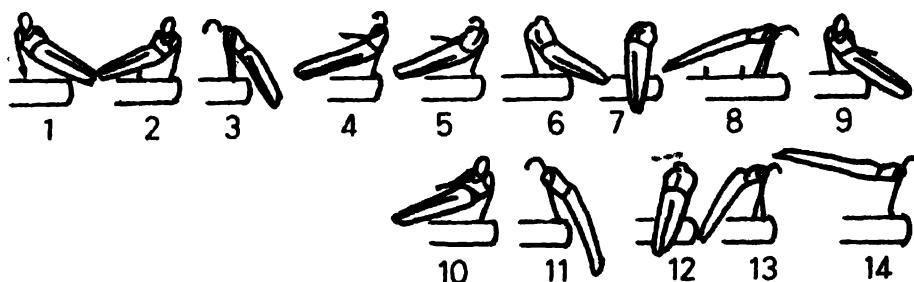
Although the Russian kehre is performed on two levels, it remains the same in technique as on two pommels. During points 2-4, the first half of the Russian kehre tends to be like a normal schwabenflanke, except you must lean the shoulders forward and extend the legs away from the end of the horse. During the inward circle at the end of the Russian kehre, the placement of the leading (left) hand must be directed forward.

Schwabenflanke to Russian Kehre Dismount



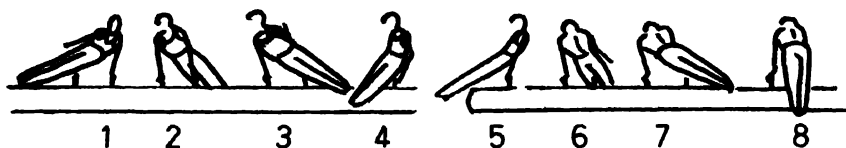
At the end of the Schwabenflanke, points 5, 6, make a large circle so that the hips are extended beyond the hands. During points 10, 11, 12, drop the feet so that you can get sufficient reaction for a high dismount.

Chaquinian



The chaquinian is basically a combination of two Czechkehres and a schwaben-flanke dismount on the end of the horse. Master each move separately first. The important point is the lift of the upper back and an extended body during the second Czechkehre in cross-support frontways. In order to perform it without lifting the hips, which should be circling horizontally, keep the feet low during points 6, 7. Keep the lead (left) shoulder leading the entire sequence.

Direct Stockli



IMPORTANT POINTS

1-3: Face the head towards the direction of turn, and with the body-weight on the supporting (right) arm lead the shoulder into the turn with the hips away from the right hand. 4, 5: Lift in both shoulders, grasp the pommels firmly with both hands (in overgrasp), and completely extend the hips. 5-7: The last half of the turn must be performed with fully extended hips, circling in a horizontal plane. The following (left) arm becomes the supporting arm, and you must lead the inward circle with the left shoulder.

PRACTICE EXERCISES

Master the simple 'Double Leg-circle' without flexed hips.

Practise double leg-circle in cross-support frontways on the end of the horse keeping the feet above the base line of the horse's body so that the circle is in a horizontal plane.

Concentrate on the first half until you are in cross-support rearways with both hands on the pommel, then jump off facing away from the horse. At first, it may end up like a kreijskehre, so aim to extend the hips and circle with the hips away from the pommel. A spotter can aid the first (right) supporting arm from behind. When you are used to this, keep the hips extended and circle inwardly on the horizontal plane. At first, lead the first (right) supporting shoulder round the second (left) supporting arm, as in the 'Back Stockli', to complete the inward circle without worrying about the next position of front support on the pommels.

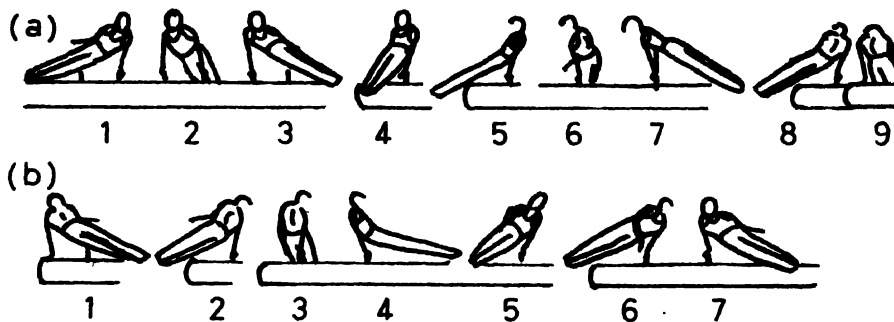
Gradually learn to make the inward circle extended to come to front support. Keep the support longer on the left arm and push the hips out, facing them downward on the inward circle.

Try the move on the end of the horse. You may find it easier to learn than on the pommels.

SOME RELATED COMBINATIONS

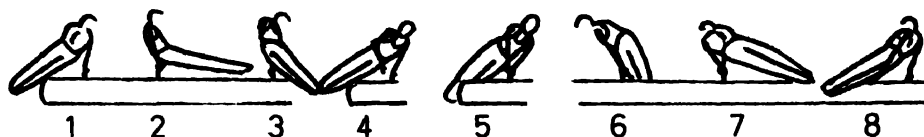
Direct Stockli (with Travel Out or In)

This is a combination of the beginning of the kreijskehre and one complete double leg-circle on one pommel, with the body making quarter-turn from cross-support to front support. The first half is identical to the 'Direct Stockli'.



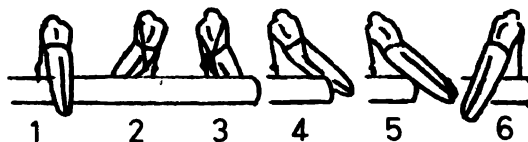
However, the second half, following from the cross-support rearward on one pommel, requires a strong turn downward of the hips in order to come back over the same pommel. The movement of the hands must be quick and firm. Follow the practice exercises for 'Direct Stockli', and then gradually add a stronger hip turn during the second part.

Direct Stockli with Travel to Immediate Czechkehre



Lead the entire circling of the whole combination with the head and shoulders. The placement of the hands on the pommel, at points 4–6, is of key importance, as there must be room on the one pommel for the hands to regasp correctly.

Back Travel



IMPORTANT POINTS

1, 2: Lead with the shoulder of the direction of travel during the outward circle, and transfer the following (left) hand quickly to secure support rearward on one pommel. The hips have to be extended away from the pommel. 3, 4: As soon as you move through momentary rearward support, move on to the end of the horse with fully extended hips. Aim to keep the line of the shoulders parallel with the horse, and only turn the hips downward for the inward circle.

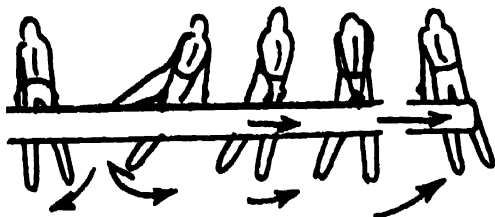
PRACTICE EXERCISES

Master the 'Double Leg-circle' without hip flexion.

Front support rearward on the pommels, perform one to two complete pendulum swings before travelling out on to the end of the horse with the pendulum swing. Shorten the support rearward on both hands and travel out to support before landing. The travel is not a hop; the support on both hands is momentary.

From a double leg-circle make a back travel out to sit on the end of the horse. As

soon as the outward circle on to the one pommel is completed, lean the shoulders towards the left arm, and try to feel the transition of the body-weight from one arm to the other. Aim to keep the shoulders facing slightly towards the opposite direction of the circle (i.e. to the left).

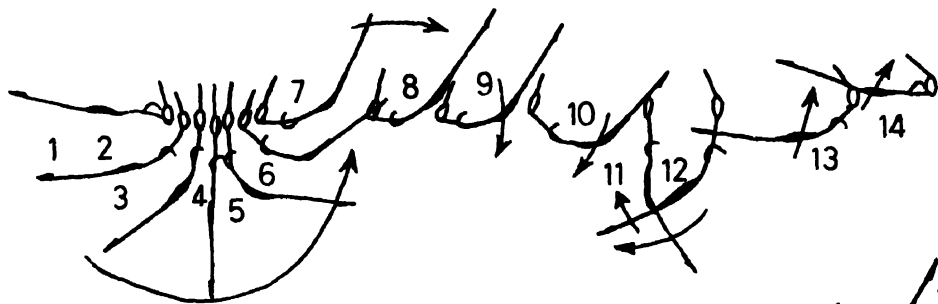


3 · RINGS

Pendulum Swing

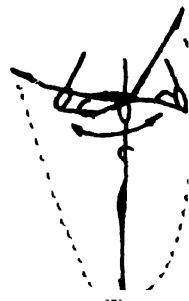
IMPORTANT POINTS

1-4: On the forward downswing lead with the chest (not with the stomach), with the shoulders completely extended, particularly when the swing reaches its lowest point (4). 4-7: Lead through with the feet for the forward upswing, which will cause the hips to become slightly flexed. The wrists should remain in the same position as at point 4 in order to aid the upswing by pulling the rings down. Aim to keep the arms straight, with the head in its normal position. 8-11: Keep pressure on the rings to avoid the sudden drop of the body at the beginning of the rearward downswing. The shoulders must be totally extended as the swing reaches its lowest point. The hips are slightly flexed at this stage. 11-14: The heels now kick through to lead the rearward upswing, causing the hips to be extended.



The Swing of the Rings

The rings also have a pendulum swing, in the opposite direction from the body. The larger the pendulum swing of the body, the larger the swing of the rings. Theoretically, the centre of gravity of a performer with a correct pendulum swing follows a vertical line up and down.



PRACTICE EXERCISES

Grasp the rings keeping the arms straight, and hang with shoulders completely relaxed so that they touch the ears.

Swing the body lightly back and forth, leading with the feet, without moving the rings.

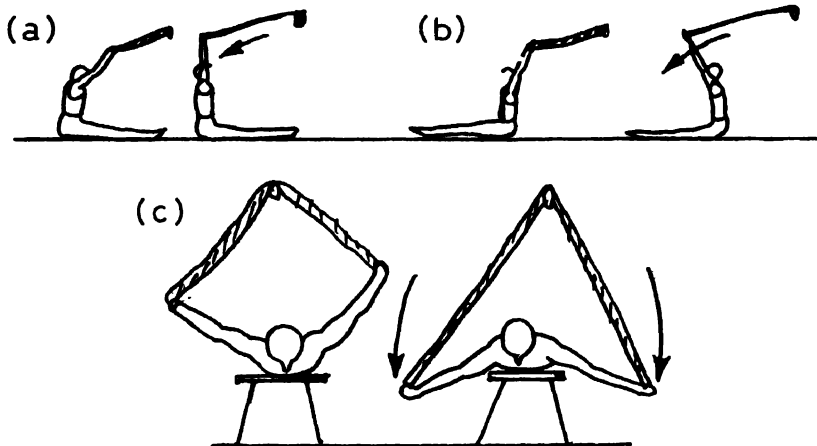
Now add the movement of the rings in the opposite direction from the swing of the feet. This will require a larger pendulum swing, with a greater vertical movement of the centre of gravity.

At first with a small swing, add the shoulder-drop intentionally at the low points of the swing. Then increase the size of the swing. This shoulder-drop must be executed swiftly in order to obtain a reaction force from it. Aim to co-ordinate the shoulder-drop with the swing, so that the body can swing at least to horizontal

level at both front and back with the shoulders lifting at the top end of the swing to form a shoulder-angle close to 180 degrees.

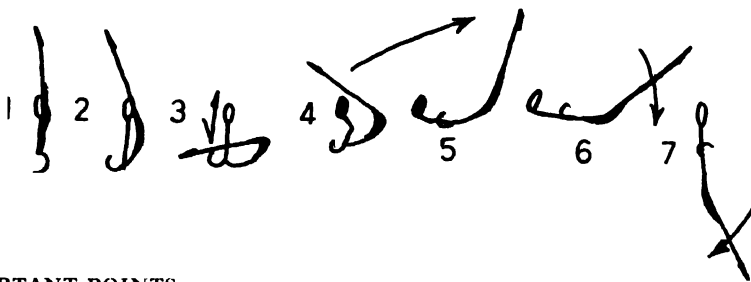


Exercises with an elastic or inner tube.



In (c), aim to lead the downward press with the elbows, the wrists following.

Cast to Rearward Swing

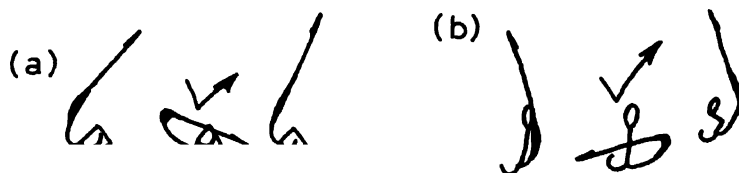


IMPORTANT POINTS

1-4: This is an upstart-type action (sudden flexion and extension of the body) used to lift the body's centre of gravity. Keep the upper back rounded, and co-ordinate the pull on the rings with the upstart action in order to lift the body. At point 3, the hips should be slightly higher than the shoulders. 4-6: Without turning the wrists, push out the rings behind the head while lifting in the shoulders and extending the hips. 5, 6: During the rearward downswing, the upper back must lead with slightly flexed hips, as in the 'Pendulum Swing'.

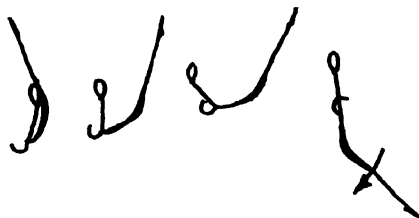
PRACTICE EXERCISES

On a mat in upper back support, practise the flexion and extension of the hips.



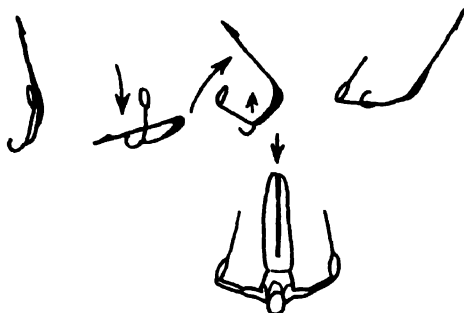
Practise the same action on the rings with arm-pull.

From inverted hang, lead with the upper back into a cast without the upstart action or the arm-pull.

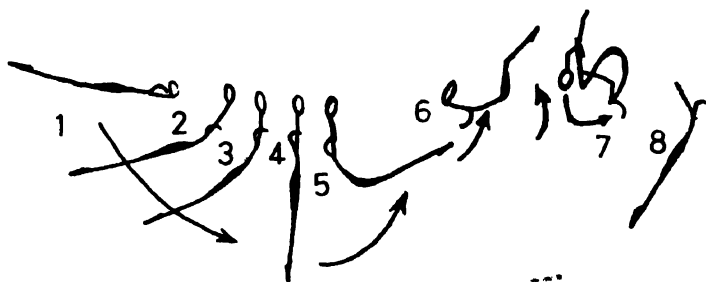


Now add the upstart action at the beginning of the cast.

Practise co-ordinating the upstart action with the push of the rings behind the head, opening them slightly without bending the elbows.



Back Somersault (Salto) Tucked



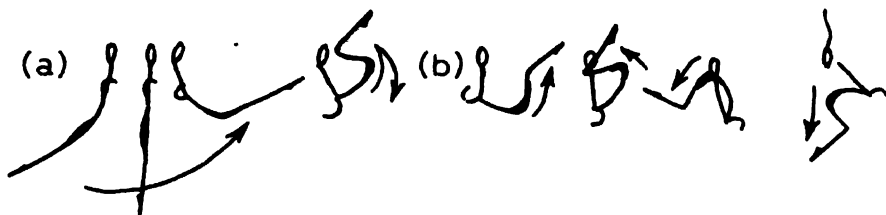
IMPORTANT POINTS

1-4: Review 'Pendulum Swing'. 5, 6: Keeping the upper back rounded, extend the head backward, and utilize the forward swing and the reaction from the shoulder-drop action (at point 3) to lift the body before releasing the rings. As the

shoulders lift, start to tuck. 7, 8: Throw the rings backward as you release, tuck tight, then extend the body for the landing.

PRACTICE EXERCISES

(a) Using a crash mat for the landing, perform a dismount from a small swing, concentrating only on the extending backward of the head and the tuck of the body.

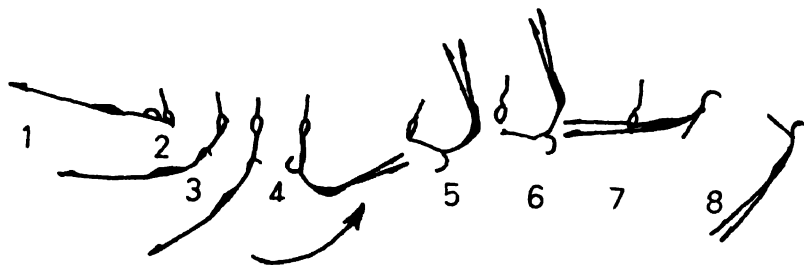


(b) Without a swing, lift through a tucked inverted hang, and release the rings when the hips reach near to shoulder level. Now add a small swing first. Gradually increase the size of the swing and release the rings earlier.

Concentrating on all points of 'Pendulum Swing', increase the size of the swing and the height of the somersault.

RELATED DISMOUNTS

Back Somersault Straddled



IMPORTANT POINTS

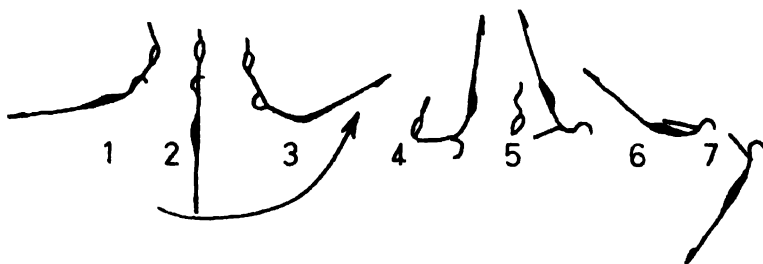
1-4: Review 'Pendulum Swing'. 4-6: The dismount is performed in a similar way to the tuck, except that the legs remain straight, which means it requires a more dynamic upswing coming from a big swing-through of the feet. As you release, throw the rings back. 7, 8: Ensure sufficient rotation by extending the upper body after release, and land without a pike.

PRACTISE EXERCISES

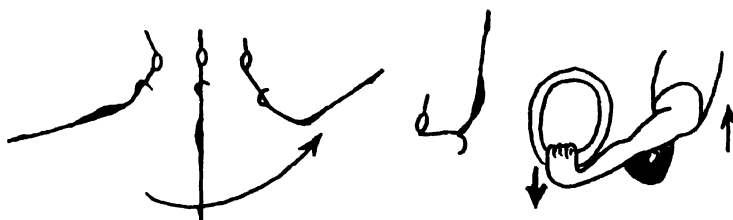
As a first step, swing and straddle the legs on to the ringwires before releasing. However, when you perform the move correctly, you must remember to throw the rings back and aim to dismount in front of them.



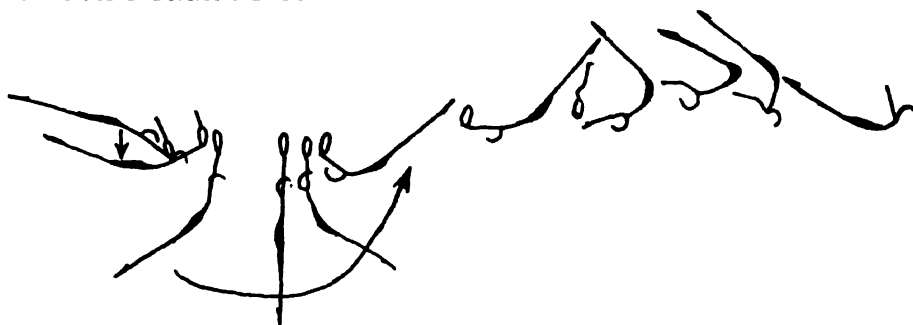
Back Somersault Straight



This is similar to the straddle dismount. Aim to throw back and release the rings before the feet pass between the wires. With both dismounts, give a lot of practice to the forward upswing, concentrating on a strong toe-lead and the dynamic drop-lift reaction of the shoulders. Pull the rings without turning the wrists, in order to lift the shoulders.



Back Somersault Piked

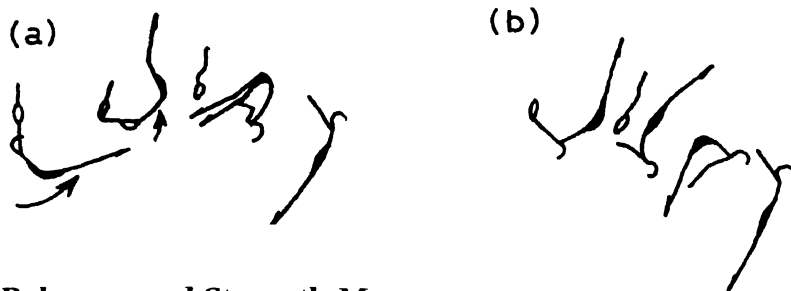


IMPORTANT POINTS

1, 2: Keep the body tight and lift the shoulders before leading with the chest for the forward downswing. 3-5: Review 'Pendulum Swing'. 6, 7: Lead hard with the toes and lift the shoulders by pulling the rings back and down. 8, 9: As you throw back and release the rings, pike the body, keeping the head in the normal position. 10, 11: Now extend the head back, and extend in the hips to straighten the body.

PRACTICE EXERCISES

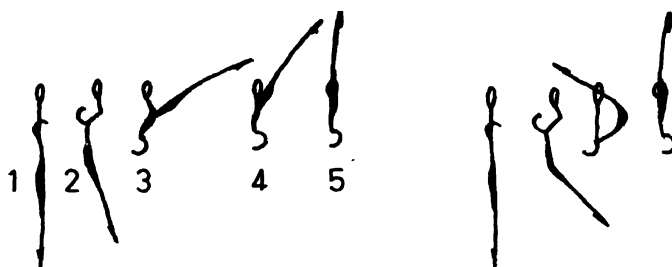
- Take it from the 'Tucked Somersault' and gradually extend the knees, at the same time delaying the beginning of hip flexion and head extension.
- Alternatively, take it from the straight dismount, but do not extend the head and the upper body before forming the pike.



Basic Balances and Strength Moves

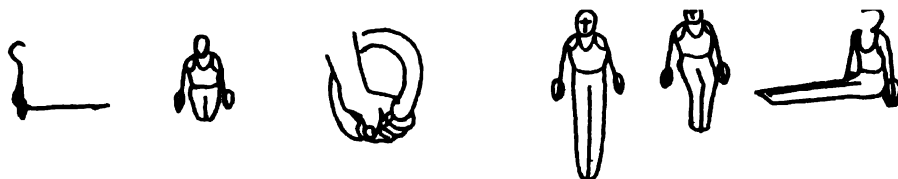
Slow Lift to Inverted Hang

1-3: Pull upward first, then lead with the head and chest to raise the rest of the body. 3-5: Slowly extend the arm and bring the body to a straight inverted-hang position. At first, flex the hips after pulling upward, and then gradually reduce the amount of hip-flexion.

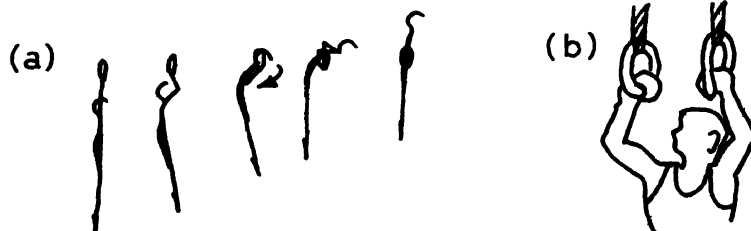


Half-lever

The hip-angle should be 90 degrees, with the head upright and the chest slightly extended. The rings should be turned slightly outward, with no part of the body touching the ringstraps. At first, learn the correct way to support the body on the rings without being in 'Half-lever'. Then try it with bent knees, and finally extend the legs. Do not push the rings out too far apart, but keep the arms straight and the shoulders down.



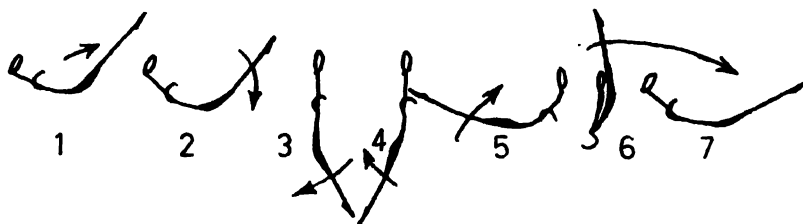
Vertical Pull-up (Muscle-up)



(a) Accentuate the overgrasp—see (b). Pull up the body under the rings close to chest-level, keeping the rings close to the body. Lean the shoulders forward, at the same time turning the rings outward from the chest. Now press up and extend the arms.

The key point is the turning of the rings by the chest. First practise the move on the low rings or with a spotter. When learnt, try three to four repetitions.

Inlocate Forward



IMPORTANT POINTS

1-4: Review 'Pendulum Swing', and concentrate on a strong heel-lead. 5, 6: Swing the whole body up rearward, pressing out the rings sideways (aiming to lift the shoulders). Lead with the head and upper back through the ringwires, with slight flexion in the chest and with tight body. 6, 7:

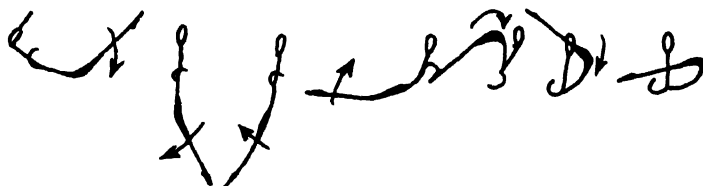
Maintaining pressure on the rings, continue the swing rearward.

PRACTICE EXERCISES

Holding a towel or a rope, practise the inlocate action.

Try the same thing on the low rings, from a forward roll with straight arms.

From pendulum swing, react from the heel-lead in the rearward swing, flex the head forward and lead with the hips to inlocate the shoulders with flexed body.

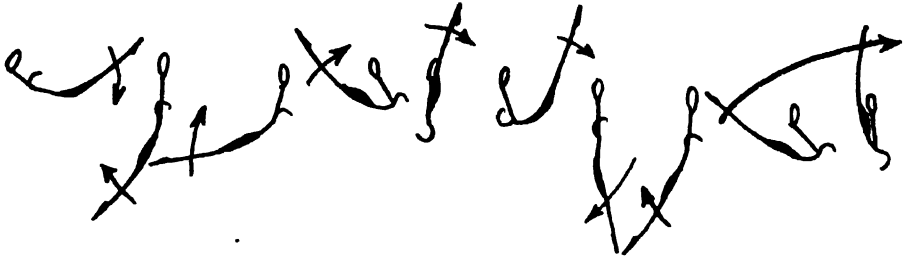


This does not require a large pendulum swing, and the key point to concentrate on is pushing the shoulders forward with the head extended before flexing the body and head to inlocate the shoulders.

Gradually increase the size of the pendulum swing, and the shoulder- and hip-actions with it, and concentrate on leading more and more with the upper back instead of the hips.

Try to repeat the inlocate several times without stopping, in inverted-hang.

At first, you can stop in inverted-hang and cast out into rearward swing. Gradually learn how to lead the shoulders forward, at the same time spreading the rings apart, in order to continue the momentum of the swing. Also, build up the size of the

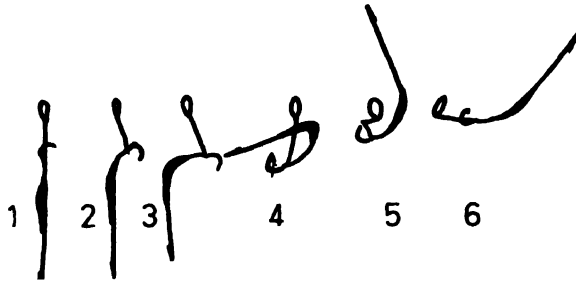


swing, concentrating on pressing hard on the rings to lift the shoulders on the swing over the top.

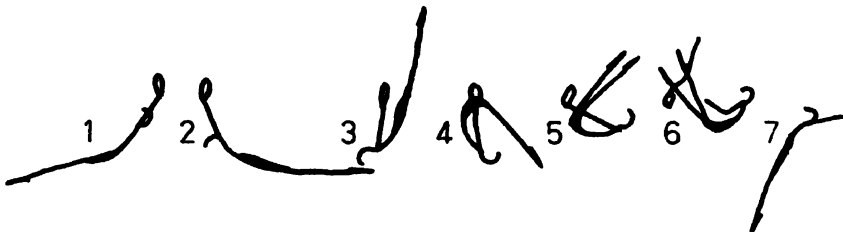
A RELATED MOVE

Inlocate from Hang to Cast to Rearward Swing

As you flex the head forward, turn the rings out and then lead with a rounded upper back into the inlocate. From the piked position, extend the hips up and out into a high cast, pushing the rings backward.



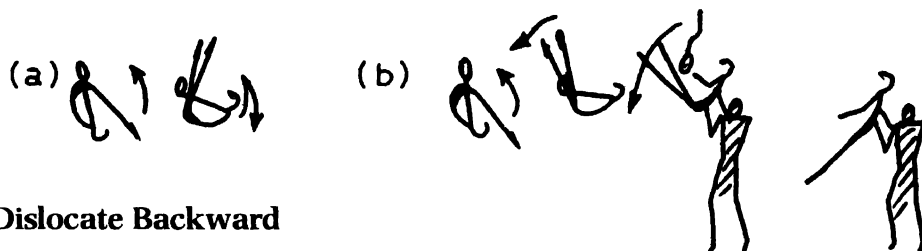
Inlocate Forward to Straddle Dismount



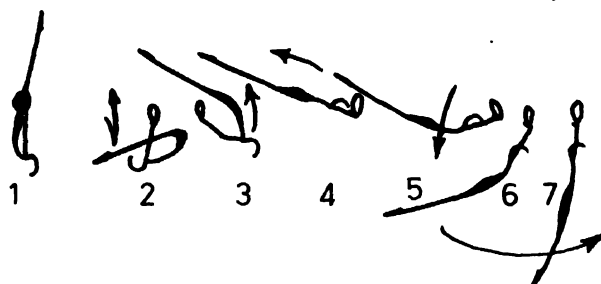
Perform the 'Straight Inlocate Forward' before flexing the head and hips forward for the dismount. Aim to complete the inlocate early so that the hips are not too low for effective rotation for the dismount.

PRACTICE EXERCISE

- (a) From piked inverted-hang, swing in this position by lowering the hips and straddling the legs against the ringstraps, pressing on the rings to get shoulder-lift. Repeat the exercise until the shoulders are lifting towards the level of the rings.
- (b) Now try the dismount with a spotter assisting from behind.



Dislocate Backward

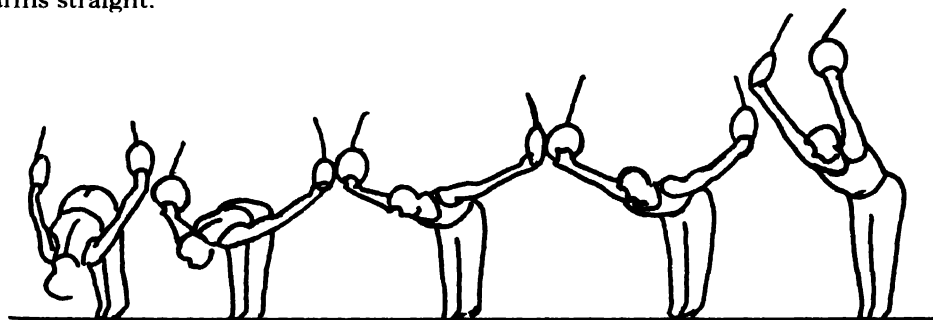


IMPORTANT POINTS

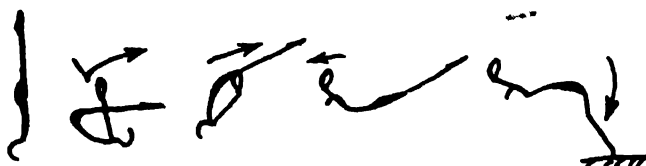
1-3: Use the upstart action to lift the body, concentrating especially on lifting in the shoulders. 3-5: Pressing down on the rings, circle them sideways and forward so that the shoulders are rotating around the axis of the grip, keeping them slightly flexed, with the upper back rounded. 5-7: Keep the hip extension to a minimum, and now hyper-extend in the shoulders to lead with the chest for the forward downswing.

PRACTICE EXERCISES

On the low rings, go through arm and shoulder motion (reverse motion from the 'Inlocate'). Gradually add more pressure down and forward on the rings. Keep the arms straight.



Perform the shoulder-motion with the upstart action on the low rings and, as soon as the rings have been circled in front of the head, land with flexed hips on a platform.



Perform the second practice exercise, but with a spotter to support the body while you complete the arm action to place the body in a stretched horizontal position. Concentrate on the shoulder-lift and circle.



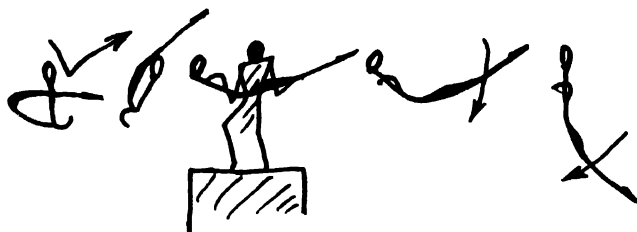
On a mat, perform a backward roll through handstand with arms wide, and with the assistance of a spotter. Keep the arms straight, press down on the mat with the hands, and keep the body tight in the second part especially.



On high rings, perform the move with a spotter:

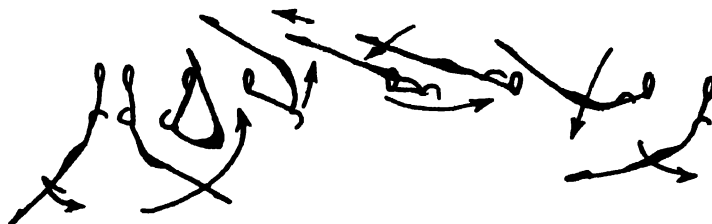
The spotter catches you as soon as the shoulder action is complete.

The spotter catches you momentarily, and lets you continue the swing.



Gradually the spotter reduces the support. You must concentrate on the direction of the upstart action and the toe-lead, on lifting in the shoulders with a tight body, on the movement of the rings from side to forward, on leading with the chest for the downswing with hyper-extended shoulders.

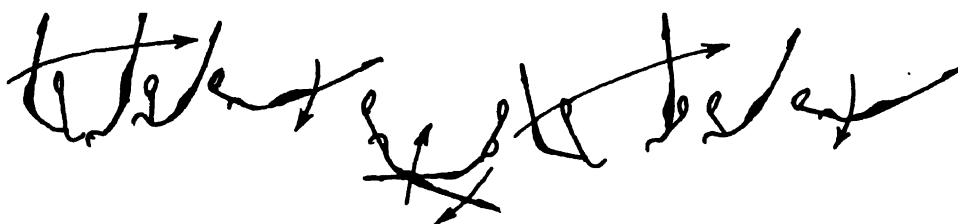
Perform it from a small pendulum swing, by leading the forward upswing with the toes, and then forming a momentary pike before extending the hips and directing the feet out at about 45 degrees backward. As you make the circle of the rings press down with the chest and shoulders, the arms straight.



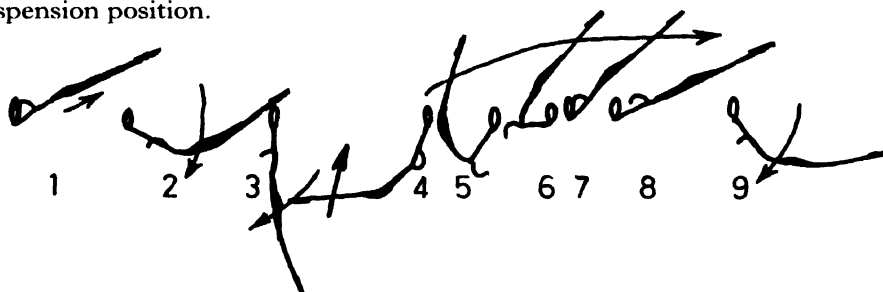
From hang, raise the feet then the hips fast into a momentary pike before extending and circling the rings into the dislocate.



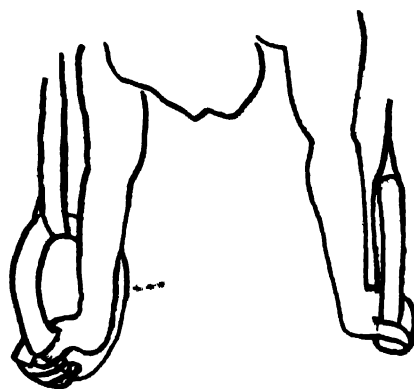
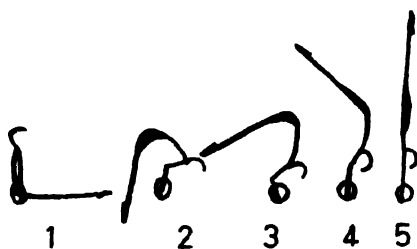
With minimum flexion of the hips, aim to dislocate backward two to three times in a row. At first, do not worry about the size of the swing, but concentrate on the circling action of the shoulders and the following chest lead on the downward swing. Keep the swing smooth and extended.



Increase the emphasis on the shoulder-lift by pulling in the rings without turning the grip during the cast stage, and with a strong toe-lead up the front. You should aim for the shoulders to rotate around the grip. At points 5-7, the hips should be quickly extended with strong pressure on the rings, the wrists being kept in suspension position.



Press to Handstand (Bent Arms, Bent Body)



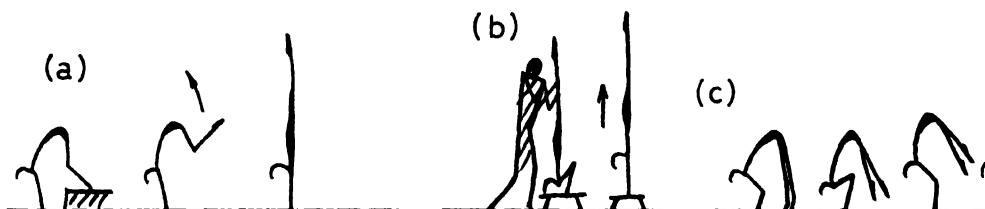
IMPORTANT POINTS

1: Review the 'Half-lever'. The angle between legs and upper body should be 90 degrees, with the chest slightly extended and the head upright. 1, 2: Now lean the shoulders forward and lift the hips. 3, 4: Maintain a continual lift up to the handstand, lifting the hips above the wrists and gradually straightening the arms. Keep the upper back slightly rounded. 4, 5: As you get to handstand, extending the arms, turn the rings slightly outward. In handstand, the entire body should be straight with the shoulders locked out. The arms and shoulders should be clear of the ringstraps.

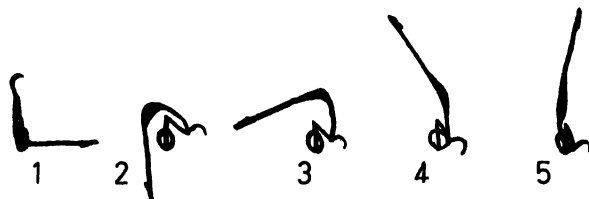
PRACTICE EXERCISES

Kick to handstand on floor or parallel bars—off one foot and off both feet.

- (a) Slow press to handstand with straight arms, the feet lifting off a platform.
- (b) Push-ups in handstand on handstand bars, with a spotter.
- (c) Straddle-press to handstand with bent arms and bent body.



Learn the lift to shoulder-stand. At point 2, lean forward and raise the hips while bending the elbows. 3: Lift the hips over the hands. 4, 5: Slowly lift the legs, then extend and lower the chest towards the rings, trying for a 90-degree angle at the elbows.



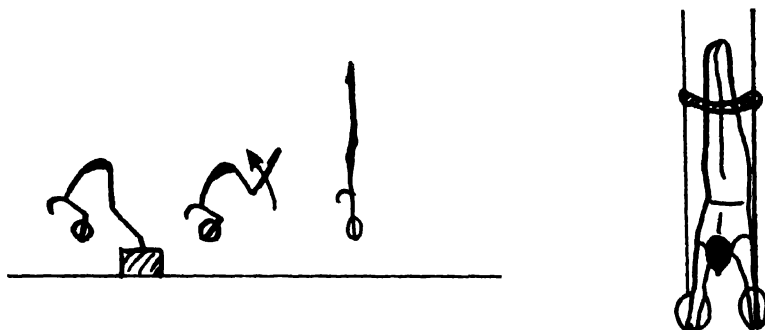
On low rings, kick off a platform and try to stop in handstand. At first have a spotter to stabilize the rings, and be prepared to steady the feet on the ringwires.



Now minimize the kick and add the press of the arms to lift the body to handstand. Straighten the legs earlier and earlier.

At first you can straddle the legs against the wires to steady the handstand, or balance the lower legs against an elastic tied across the wires (see right-hand diagram).

Gradually raise the rings, and perform the exercise without kick or knee-bend.

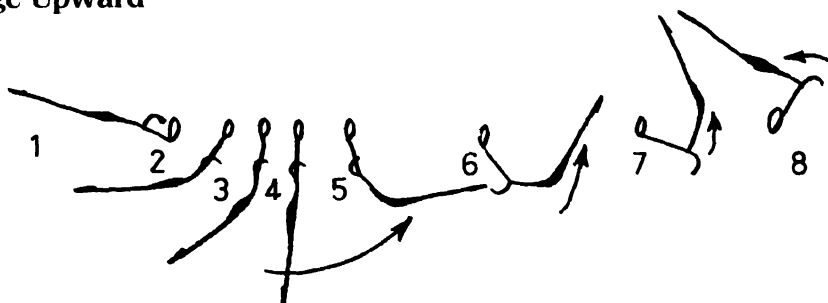


Practise the press to handstand from half-lever on parallel bars. At first, you can use a small swing into the press with bent legs.

Press, by raising the hips as the shoulders are leaned forward and lowered, and when the hips are above the point of grip straighten the arms before lifting the legs into a straight handstand.



Felge Upward



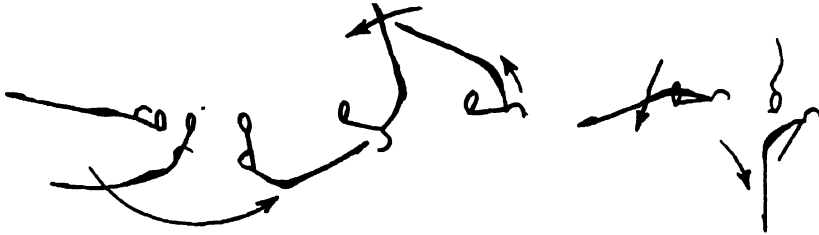
IMPORTANT POINTS

1- 5: Review 'Pendulum Swing' and concentrate on large swing with correct shoulder action. 5, 6: Lead hard with the feet, flexing the hips and extending the head backward. Also pull on the rings to lift the shoulders. 6, 7: As the body swings upward, turn the rings outward keeping the arms straight. The hips and body remain slightly flexed. 7, 8: As the shoulders lift above the rings, press down with straight arms, and keep the shoulders forward to support the body on the rings, with the body tight and extended.

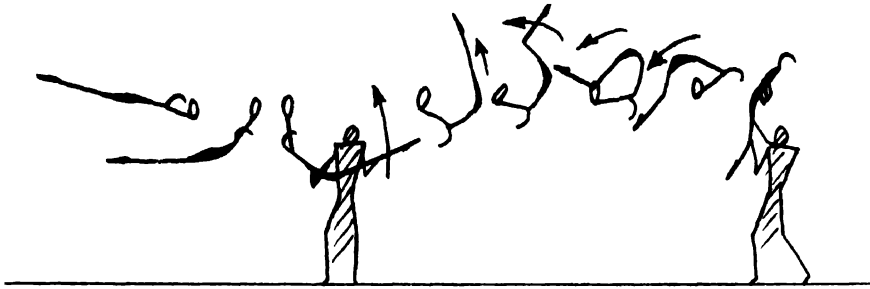
PRACTICE EXERCISES

Review 'Pendulum Swing' with special emphasis on the forward upswing following the correct shoulder-drop action.

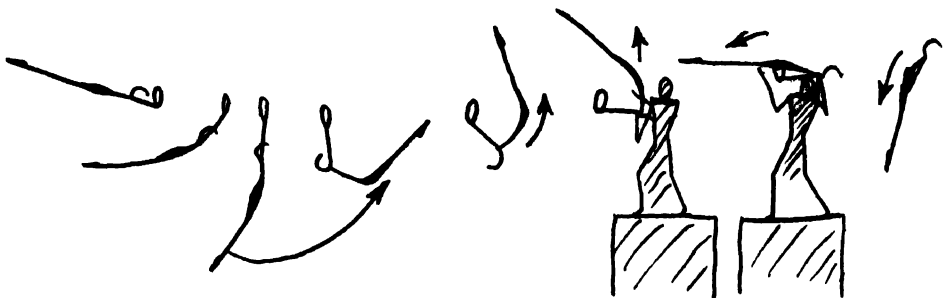
Review 'Back Somersault Straight', with emphasis on the shoulder-lift. Perform the 'Back Somersault Straight' keeping the hips slightly flexed and releasing the rings late. The hips must swing above the rings, and the rings must be turned outward before releasing them.



From a large pendulum swing, swing the body up, leading hard with the feet as for a tucked somersault. Aim to keep the rings as narrow as possible during the upward swing, and to get above the rings into support. As soon as you turn the rings outward keep them inside the hips. A spotter must be ready to support the body.

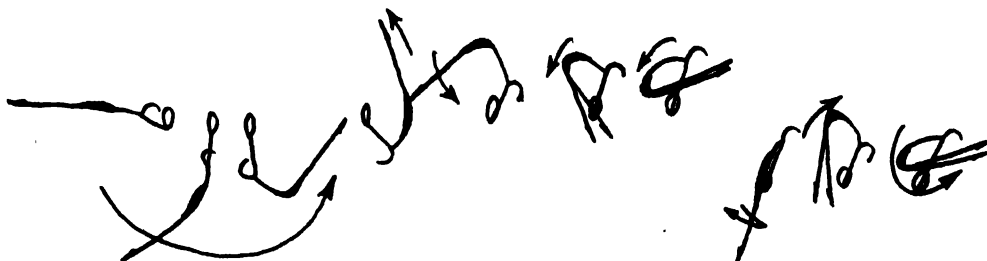


Gradually straighten out the knees and aim for better co-ordination of the forward upswing, the direction of the toe-lead, the shoulder-lift, and the turning of the rings. With a big swing, if necessary from a dislocate backward, aim to perform the move with legs straight, extending the body while the legs are above the rings. A spotter can assist at this stage.



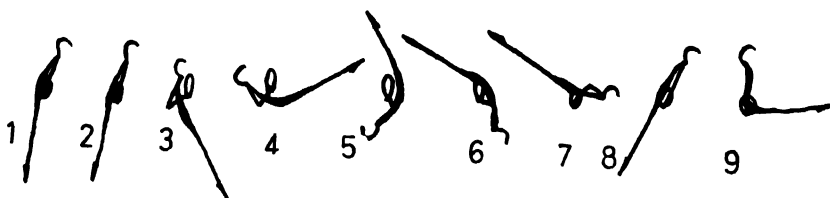
RELATED COMBINATION

Felge Upward to Straddle Half-lever



Immediately after turning the rings outward, lift the hips with a rounded upper back, and with no extension of the body. Keep the shoulders ahead of the rings as you circle in to the straddle half-lever with the upper back rounded and the arms straight in strong support, and with the head back. Practise the move into straddle half-lever from a small pendulum swing in support, lifting the hips with a rounded upper back and head back. The head, shoulders and arms must be forward of the rings to maintain balance.

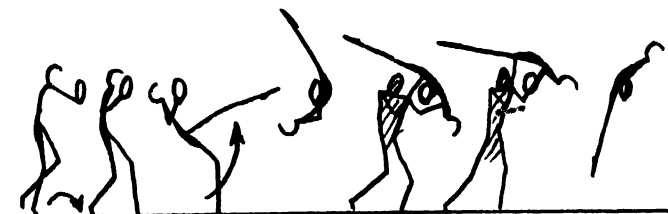
Felge Backward to Half-lever



IMPORTANT POINTS

1-3: Lower the body by bending the elbows and leading the shoulders into the backward rotation. 4, 5: Keep a deep grip and flex the hips slightly with a rounded upper back, but do not extend the arms. 6-8: Keep the elbows in, and as you extend the chest and head backward, turn the rings in front of the hips, keeping the rings close to the body. 8, 9: Press down on the rings, straightening the arms, and lift into half-lever.

N.B. Although there is a slight hip-action, it should be minimized, unlike the vigorous hip-action in the back upstart.



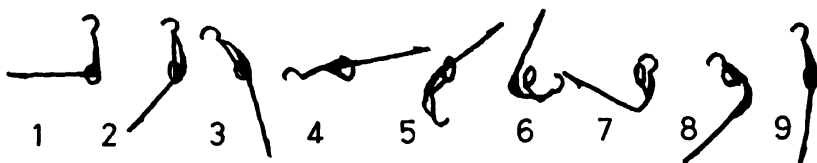
PRACTICE EXERCISES

On low rings, have a deep grip and perform, as with a circle up, on to a low bar, taking one step and swinging the other leg upward. You can do this with the help of a spotter, or with a bicycle tube between the rings.

Gradually reduce the amount of leg-kick until you are simply lifting them upward. Hold the rings beside the hips, and rotate the body back from the shoulders with arms bent. Then extend the chest for the upper part of the circle.

From support on the rings, lead the shoulders backward at the same time bending the elbows and lowering with an almost straight body into the backward rotation. Maintain the momentum of the circle, keep the rings beside the hips, and extend the chest and head to rotate the second part of the circle. Keep a deep grip on the rings, and minimize the hip-action, concentrating instead on the chest-extension.

Felge Forward to Support



IMPORTANT POINTS

1-3: As you lower the legs from half-lever, lean the shoulders forward, keeping the rings in front of the hips. 3, 4: Begin to bend the elbows, turning the rings outward, and keeping them under the hips. 5, 6: Keep in a deep grip with the rings in the same place, flexing at the elbows and hips. 7, 8: Lean the shoulders forward and turn the rings in order to be able to press back into support. 8, 9: Straighten out the elbows and hips to return to support.

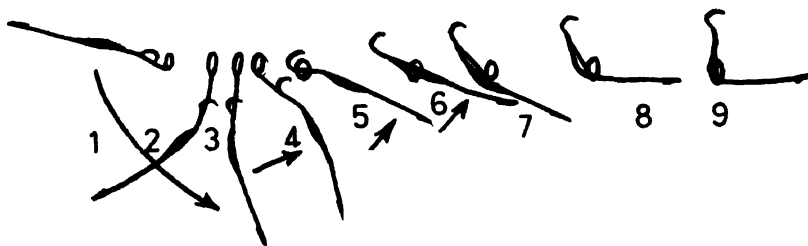
PRACTICE EXERCISES

Review 'Muscle-up', which you should be able to do before attempting this move. Practise the forward roll slowly from half-lever to inverted hand. Do not flex the hips too much, and lower controlled and slowly. With your feet on a platform, hang in deep grip on the rings with bent elbows, and practise turning the rings and pressing to come to support.



Try the second exercise, and without extending the elbows and hips, and with a deep grip, roll forward to inverted hang. If you can keep the rings in front of the chest with a deep grip and flexed hips, the second part of the movement should be performed as a 'Muscle-up'. At first, have a spotter to assist you.

Front Uprise (Stemme)

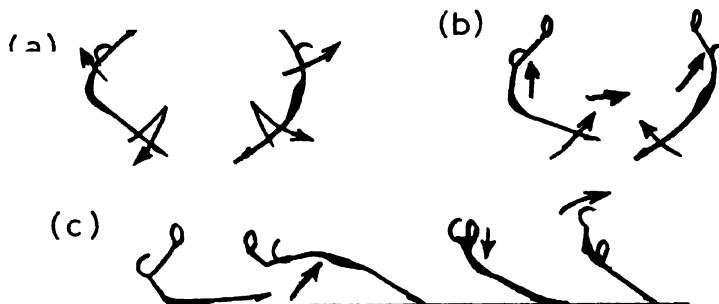


IMPORTANT POINTS

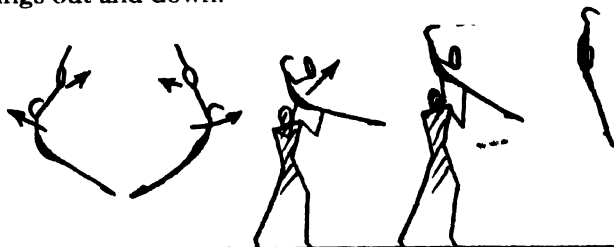
1, 2: Lead with the chest and shoulders for the forward downswing. 3, 4: Right after the shoulder-drop (relaxation), the feet begin to lead, but the chest and shoulders must immediately react and lead, stopping the forward momentum of the feet, and at the same time the rings are pushed backward. 5-7: The head stays flexed forward and, as the body moves upward the rings must be turned out and pressed sideways and downward, with the body remaining slightly hyper-extended. 8, 9: The hips now flex and pull into a half-lever position.

PRACTICE EXERCISES

- Practise bounce-swinging on the horizontal bar, moving the shoulders vigorously forward and backward with the flexion and extension of the body.
- In the same way, practise bounce-swinging on the rings, pushing the rings back and forth with the flexion and extension of the body.
- On the low rings, at hip height, hang with the feet resting forward on the floor and the hips flexed. Then quickly extend the chest, hips and shoulders, push the rings back and out to the side, turning them to press downward and lift the upper body above them.

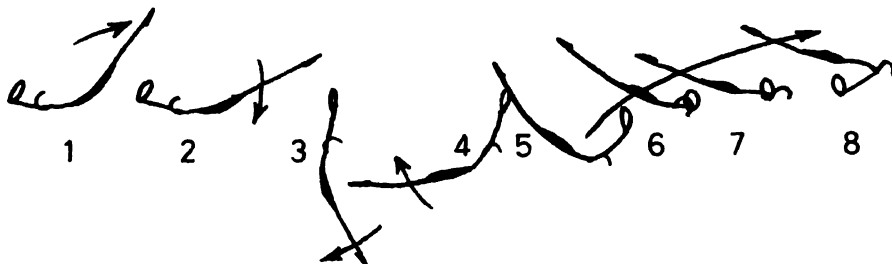


From a small pendulum swing, perform a bouncing swing and then (c) with the help of a spotter. Emphasize the extension of the chest and shoulders before pressing the rings out and down.



Enlarge the pendulum swing, and aim to complete the whole move with good hyper-extension of the shoulders, and the feet kept low. Straighten out the elbows during the uprise stage.

Back Uprise (Stemme)

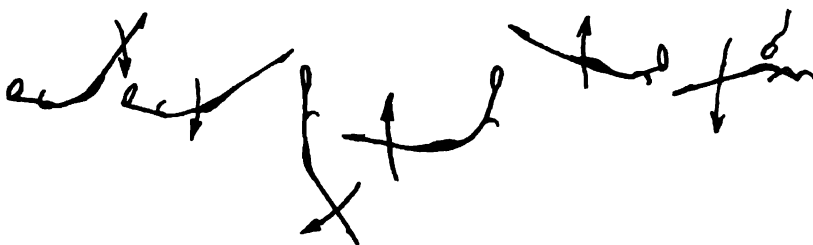


IMPORTANT POINTS

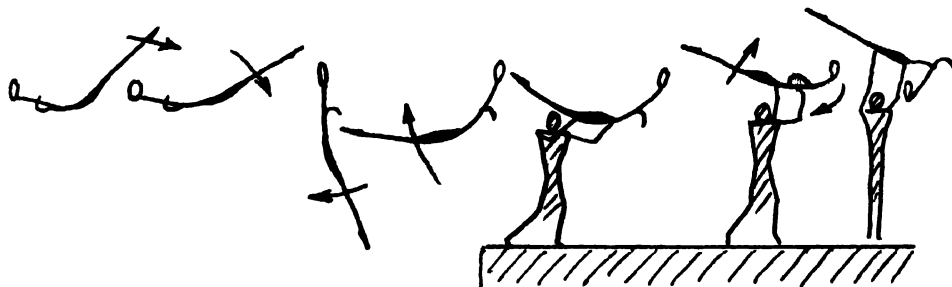
1, 2: In the downswing, push the rings well behind the head, extend the hips and lead with the shoulders and upper back. Do not turn the rings. 3-5: In this hip-whip stage, the shoulders must be dropped (relaxed) the head flexed, and the whip-action made mainly with shoulders and chest as well as the legs and hips, leading with the heels for the uprise swing. The rings must be pressed out sideways to initiate the upward momentum of the body. 6-8: With the heels still leading, circle the rings under the hips and into support position.

PRACTICE EXERCISES

Practise the 'Pendulum Swing' until the body is swinging higher than the level of the rings on the back swing. As you swing higher you will feel the transition from suspension to support. At that point, press down the rings until the backward upswing stops, then release and land.



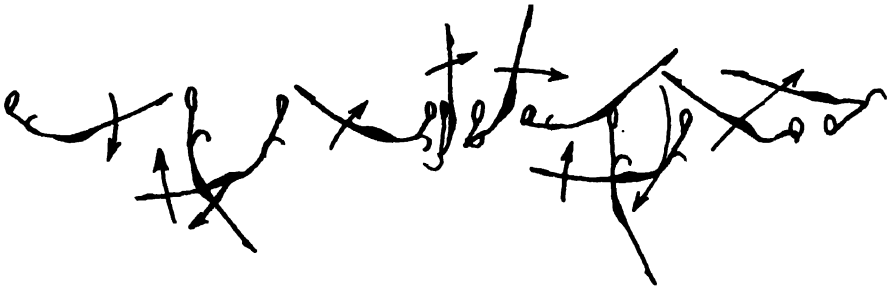
Repeat the exercise and, with the assistance of a spotter, come into support with straight arms.



Do the move without assistance, concentrating on a strong pendulum swing for a high back uprise.

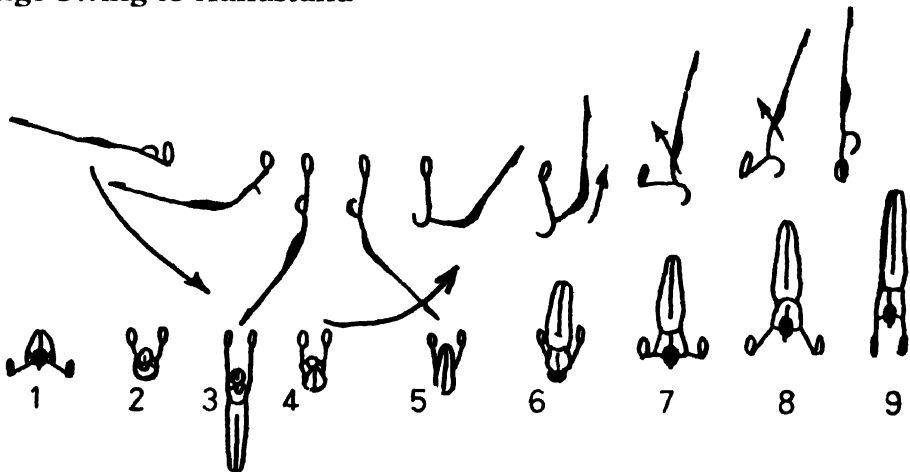
RELATED COMBINATION

Inlocate Forward to Back Uprise



The sequence must be performed smoothly and dynamically. The pull of the rings immediately after the inlocate must be executed quickly so that the downswing can be led by the upper back in preparation for the hip-whip action.

Felge Swing to Handstand



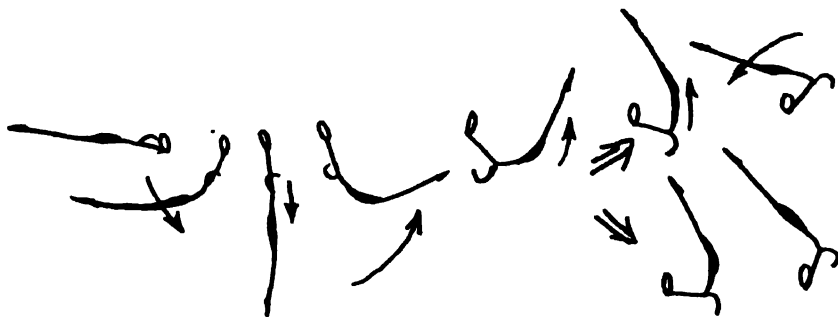
IMPORTANT POINTS

1 : Press downward on the rings with the body straight and the upper back slightly rounded. 1, 2 : Push the rings forward and lead with the chest for the downswing. Stomach, hips and legs must be tight. 2, 3 : Drop (relax) in the shoulders at this stage and extend the head backward. 3-6 : Quickly lead through with the feet for the upswing. 6, 7 : As the hips extend, turn the rings outward and push down on them. Slightly open the rings in order to aid the lift of the shoulders. 7-9 : Lead with the chest for the final push out and narrowing of the rings into handstand, with minimal hip extension. Straighten the body and lock out the shoulders when you reach handstand.

PRACTICE EXERCISES

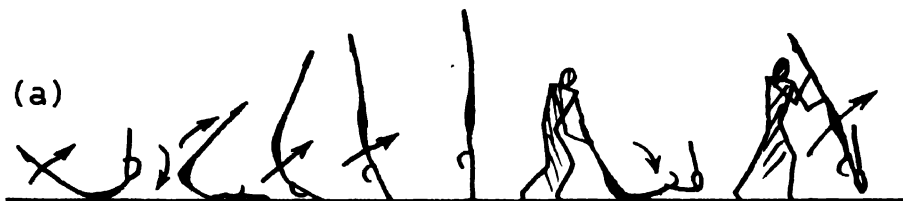
Review both 'Pendulum Swing' and 'Dislocate Backward'.

Review 'Felge Upward', and aim to perform it with straight arms, trying to open out the angle at the beginning of the body support position.



(a) Practise 'Backward Roll to Handstand' with straight arms (see Floor Exercise).

(b) On very low rings, practise the transition of the pull with the turning of the rings outward, a spotter supporting the legs.

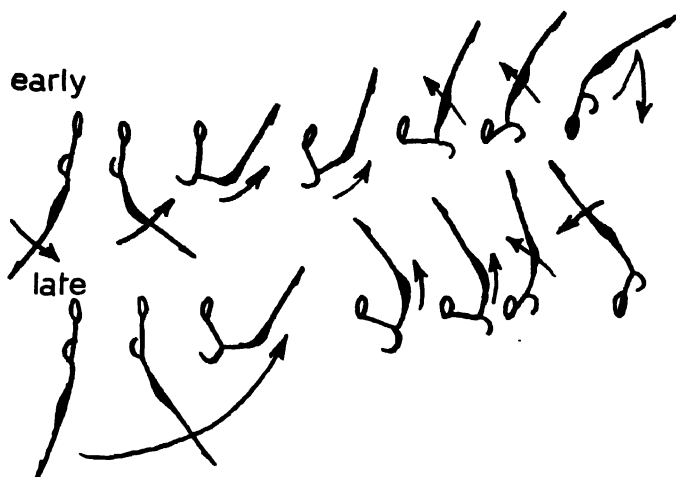


(b)

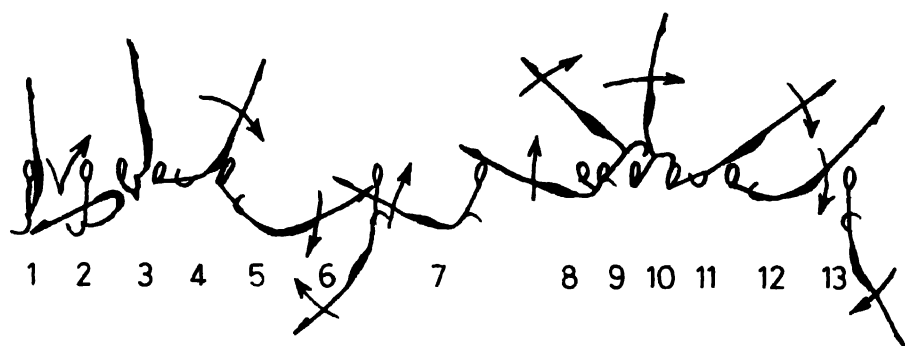


(c) Now perform (b) on the high rings from a pendulum swing with the assistance of two spotters, one to aid the upward swing and one to steady the handstand.

The timing of the transition stage from pull to push-along with the outward turning of the rings is all-important and must be concentrated upon. If it is executed too early it will either cause a swing in the rings or a fall forward before reaching handstand; if it is delayed, the swing will fall short of handstand.



Giant Inlocate Forward

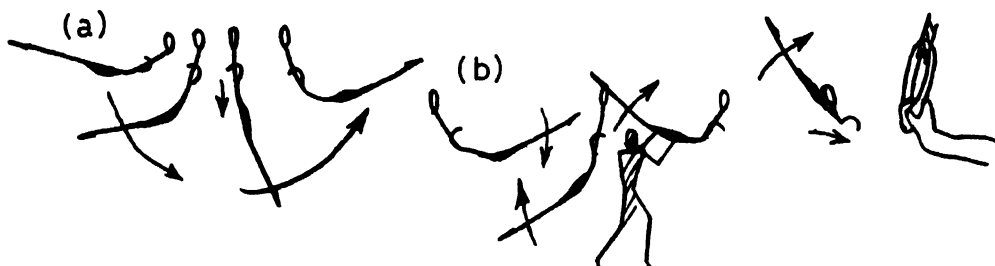


IMPORTANT POINTS

1-6: Review 'Cast to Rearward Swing', concentrating on a high lay-out, and pushing the rings behind the head. During 5, 6, the shoulder-drop (relax) action and the hip-whip action are important factors for obtaining height and rotation. 7-10: Lead with the heels for the upswing, also effecting a strong pull and push on the rings, without turning your grip, and with the rings pushed apart to aid the lift of the body. Keep the head back. 10-13: While the shoulders are above the rings, the heels must speed up their rotation over the top, and the head must flex forward. During points 11, 12, the rings are turned outward.

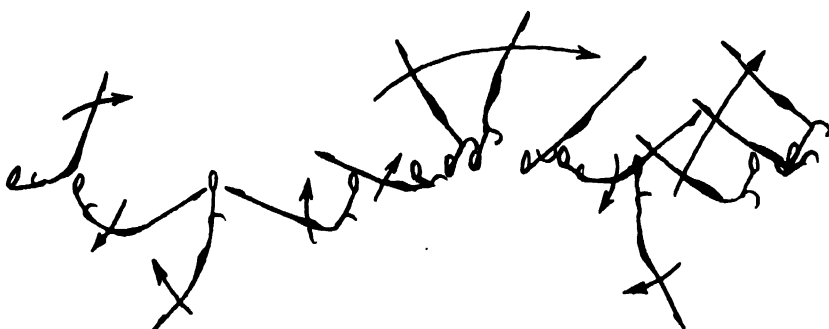
PRACTICE EXERCISES

(a) From a small pendulum swing, concentrate on the shoulder-drop action and the following hip-whip action accelerating the heels. Also spread the rings apart to help raise the shoulders, and keep the body slightly extended after the whip action. (b) From a pendulum swing, concentrate on preventing the shoulders from lifting too early by leaning them slightly forward and allowing the heels to continue their lift with a slightly extended body. Until the hip-whip action is sufficient, do not force the entire move, and try to adjust the timing and degree of shoulder-lift in order not to kill the rotation. Push down on the rings. A spotter should assist at first.



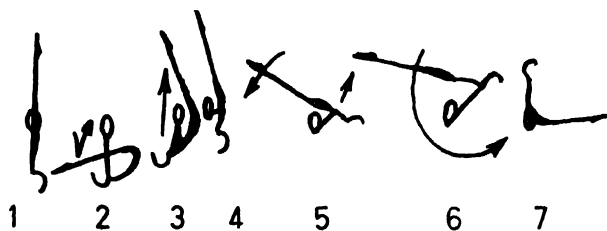
RELATED COMBINATION:

Giant Inlocate Forward to Back Uprise



After the inlocate, concentrate on bringing the head through, pushing the rings back and leading the downward swing for the back uprise with the upper back. Perform the combination rhythmically, without depending on muscular strength.

Back Upstart (Kip) to Support



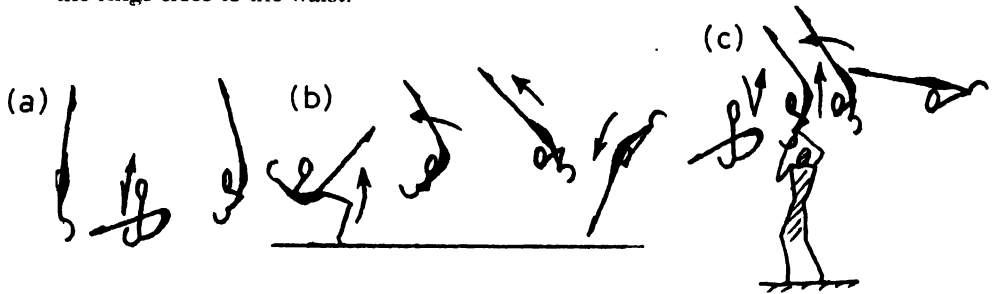
IMPORTANT POINTS

1: Grasp the rings with a deep grip. 2-4: Execute a quick, tight pike, and react with a strong extension, driving the feet upward, and turning the rings in without pushing them outward. 4-6: Now, with legs above the rings, extend the arms and head in harmony with the upward momentum of the upstart action, leaning the shoulders slightly forward. 6, 7: Drawing the shoulders towards the ringbelts, form a half-lever.

N.B. Use the hip action to obtain the upward momentum, rather than depending on strength.

PRACTICE EXERCISES

- (a) Practise the upstart action in inverted hang, concentrating on the direction of drop and extension. Pull the rings with the upward momentum of the upstart action, but without extending the head backward.
- (b) Practise the 'Felge Backward' on the low rings using a strong upstart action. Co-ordinate the inward turn of the rings with the extension of the hips, and keep the rings close to the waist.

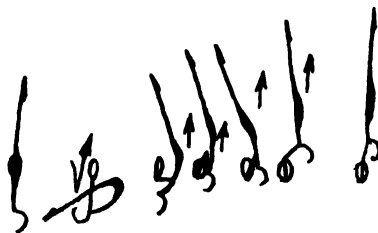


- (c) Perform the move with some lift from a spotter at the end of the hip extension. As soon as you get the feeling of the direction of the upstart, concentrate on the extension of the arms immediately you turn the rings in the support position.

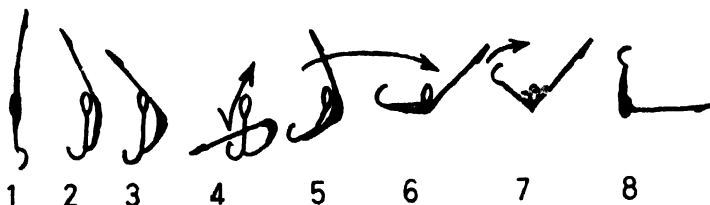
ADVANCED MOVE

Back Upstart to Handstand

The back upstart to support must be correct. Then execute a more dynamic upstart action with a higher direction of extension in order to lift the shoulders higher as they come to support, and extend the arms to lock out the handstand. Aim to depend on a correct upstart action rather than on strength pressing.



Upstart (Kip) to Support

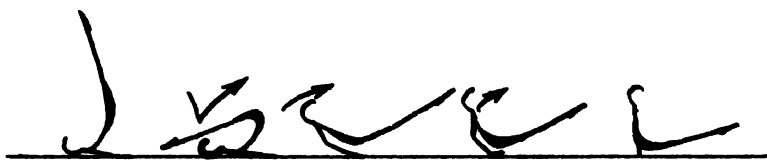


IMPORTANT POINTS

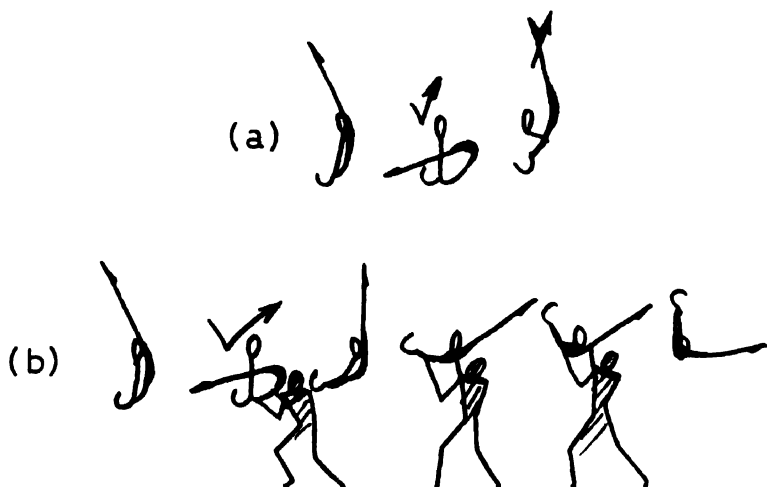
1-4: From inverted-hang, execute a tight pike and tense the shoulders, keeping the hips above the level of the shoulders and the head flexed forward. 4, 5: Extend the hips, directing the feet forward and up and, keeping the shoulders tense, pull the rings towards the hips, turning them inward. 6-8: Maintain the feet above the level of the rings, pressing downward on the rings to lift the upper body into support. In the final stage, slightly extend the chest as you come to half-lever.

PRACTICE EXERCISES

In shoulder-support position on a mat, perform the upstart action pressing on the floor, and come to half-lever. Concentrate on a strong, quick, upstart action, and while holding the feet up press down on the mat with the arms to lift the upper body.

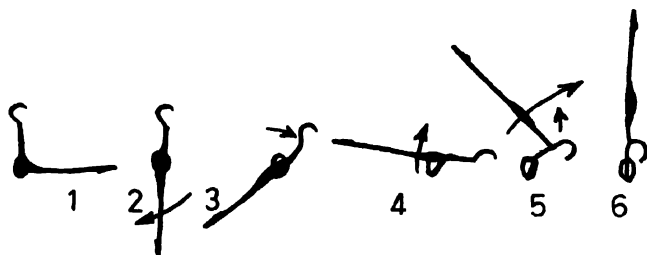


(a) On low rings, from an inverted-hang position with rounded upper back, slightly flexed hips and flexed head, practise just the pike and extension of the hips and legs. In the piked position, keep the shoulders tense and the knees close to the face. The whole action must occur without hesitation.



(b) When (a) is smooth and rhythmic, perform the upstart to half-lever with the assistance of a spotter, to aid the hip action. Try to adjust the direction of the upstart at this stage, so that upward momentum and rotation become balanced. Now reduce the amount of help from the spotter, and concentrate on straightening out the arms and performing the move quickly without excessive strength.

Press to Handstand with Straight Body and Bent Arms



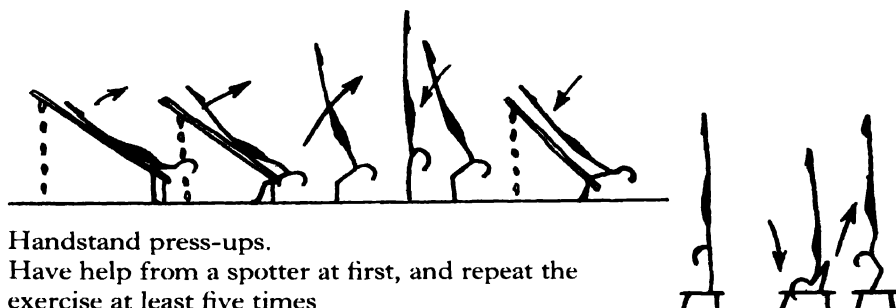
IMPORTANT POINTS

1, 2: Lower the legs slowly to straighten out the body. 2-4: Lean the shoulders forward and raise the legs, at the same time slowly bending the arms, all with the same speed. 4-6: Without stopping the lift of the legs, begin to extend the arms until the body is locked out in handstand. The whole process must be done with a straight body and with the arms bending to no less than 90 degrees. During the press, the rings should be kept slightly turned out, and the arms and shoulders must not lean against the rings or straps.

PRACTICE EXERCISES

Review similar presses in both Floor Exercise and Parallel Bars, together with the practice exercises for them.

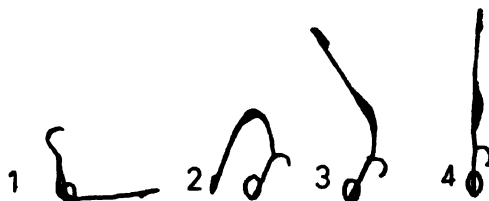
Press to handstand on an inclined table and gradually reduce the degree of incline until it is horizontal. Try and repeat it, five times.



Handstand press-ups.

Have help from a spotter at first, and repeat the exercise at least five times

Press to Handstand with Bent Body and Straight Arms



IMPORTANT POINTS

1, 2: Slowly and continuously lift the hips with the upper back rounded and with the shoulders leaning forward slightly. 2-4: After lifting the hips above the

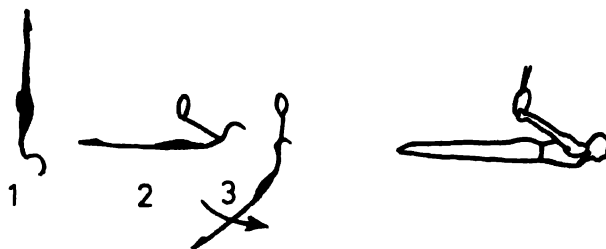
shoulders, begin to lift the legs, also slowly and continuously. The rings must be turned out to avoid the belts being touched.

PRACTICE EXERCISES

Review similar presses in both Floor Exercises and Parallel Bars, together with the practice exercises for them.

Practise the move on low rings with straddled legs, with the help of a spotter.

Hanging Scale Rearward (Back Lever)



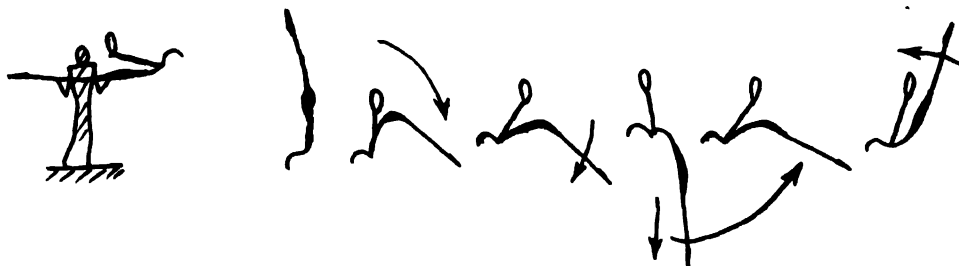
IMPORTANT POINTS

1, 2: Without hyper-extension of the hips or chest, slowly lower to a horizontal position with the upper back slightly rounded. Turn the rings outward and grasp them shoulder-width apart. 2, 3: In order to swing out of the position, slightly lift the shoulders and push the rings outward.

PRACTICE EXERCISES

First, on the low rings, learn the correct position with the help of a spotter, and feel the muscle-groups being used to hold the body in position.

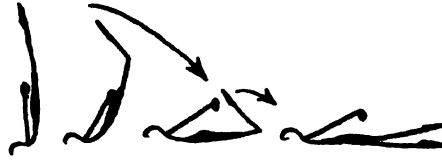
From inverted-hang, slowly lower the body through the position, then pull back to inverted-hang, leading with the hips.



From inverted-hang, lower to the horizontal position, and with the help of a spotter extend the hips with knees bent. The spotter should steady the performer by supporting on the performer's neck.



Exercise with an elastic or an inner tube. Do at least eight repetitions. Try the move on the horizontal bar or a parallel bar, with narrow grip. At first, you can do it with bent knees. Then extend the knees to a straddled position, and finally close the legs.



RELATED COMBINATIONS

Hanging Scale Rearward to Dislocate Backward

Before beginning the swing down from the scale, lift in the shoulders and push the rings out slightly, so that you comfortably disengage the dislocate before commencing the swing.



Hanging Scale Rearward from Backward Circle

After a back uprise or a felge upward, circle back slowly with dished body and straight arms, and straighten out as you come into the scale position.



Hanging Scale Frontways (Front Lever)



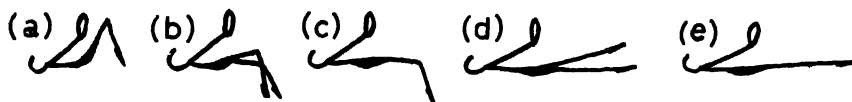
IMPORTANT POINTS

Keep the body slightly extended. The grip should be overgrasp with rings turned 90 degrees inward. The shoulder-angle between the arms and chest should be kept narrow.

PRACTICE EXERCISES

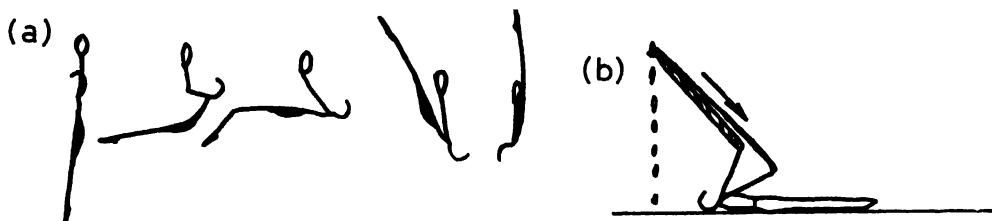
Grasp a parallel bar or horizontal bar with finger-tips, and aim to support the body in the following sequence of positions:

- (a) With bent knees and hips.
- (b) With bent knees and straddled legs.
- (c) With bent knees and closed legs.
- (d) With straight knees and straddled legs.
- (e) With straight knees and closed legs.

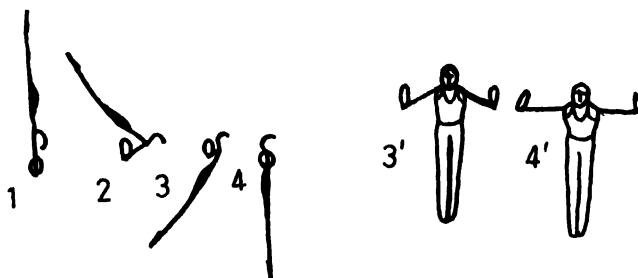


(a) Slowly pull up forward to inverted-hang. Gradually extend the knees and arms during the pull-up, and keep the pull-up slow.

(b) Pull down the elastic or rubber tube and hold the position at a shoulder-angle of around 45 degrees.



Handstand Lower to Crucifix



IMPORTANT POINTS

1, 2: Turn the rings outward and lean the shoulders forward as you start to lower the body. 2, 3: As the body lowers, the rings must be pressed apart towards the crucifix position, leading with the shoulders, with the legs behind the rings. 4: As you reach the crucifix position, turn the shoulders slightly forward and extend the chest, with the elbows locked out and vertically straight. The grips must be slightly deeper than normal.

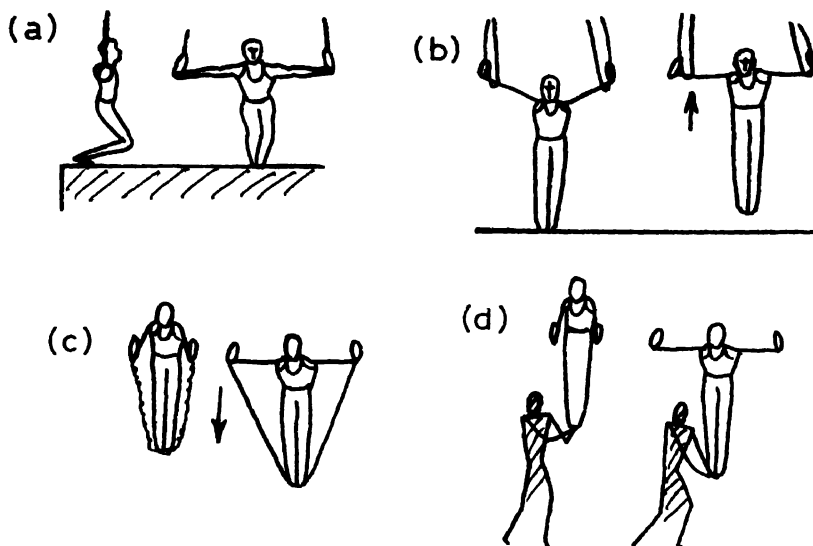
PRACTICE EXERCISES

(a) On low rings, stand in crucifix position, and concentrate on the correct posture of the hold, particularly with regard to the shoulders, elbows and grip.

(b) Put the arms through the loops of the ringbelts, and grasp in crucifix position. First, the loops should be placed close to the elbows, then pull the whole body into the correct crucifix position. At first have the aid of a spotter. Try and hold the position for five seconds without support. Add a slow up-and-down movement in the position. Gradually move the belts further towards the wrists.

(c) Place an elastic or inner tube under your feet, and then lower into crucifix position, hold for five seconds, and press back up to support. Gradually lengthen the elastic so it will give progressively less support.

(d) Lower to crucifix with the help of a spotter, and hold the position for five seconds. Gradually, reduce the amount of assistance from the spotter.



RELATED COMBINATIONS

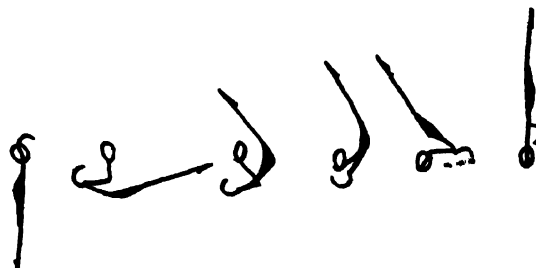
Felge Backward to Crucifix

When performing the 'Felge Backward' begin to push out the rings before attaining the support position, and lower to crucifix. At points 4, 5, the shoulders should be kept in front of the rings, rather than being raised above them, as you push out the rings for the crucifix position.



Crucifix to Felge Backward to Handstand

From crucifix, without lowering to hang, lift the body slightly by bending the arms, and lead the feet upward to initiate the backward rotation, then press the felge to handstand. Aim to bring the hips towards the rings directly from the crucifix.



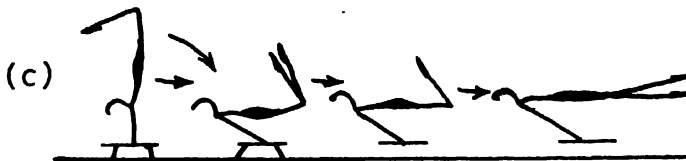
Free Support Scale Horizontal (Top Planche)

IMPORTANT POINTS

Lean the shoulders forward and stabilize shoulder-angles to balance the whole body on the rings. The arms must be kept straight, as must the body. The rings should be turned slightly outward.

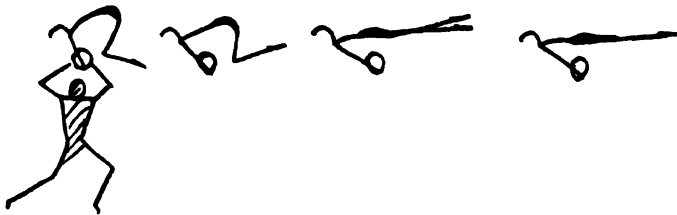
PRACTICE EXERCISES

- (a) On the floor, or on handstand bars, from tucked support slowly extend the hips and lean the shoulders forward, keeping the knees bent.
- (b) Same as (a) except that you gradually extend the knees. You can also straddle the legs as you extend the hips and knees.
- (c) Now try to lower from handstand, with knees bent and/or straddled. Gradually learn to extend the knees and close the legs.



All these balances should be held for two to three seconds.

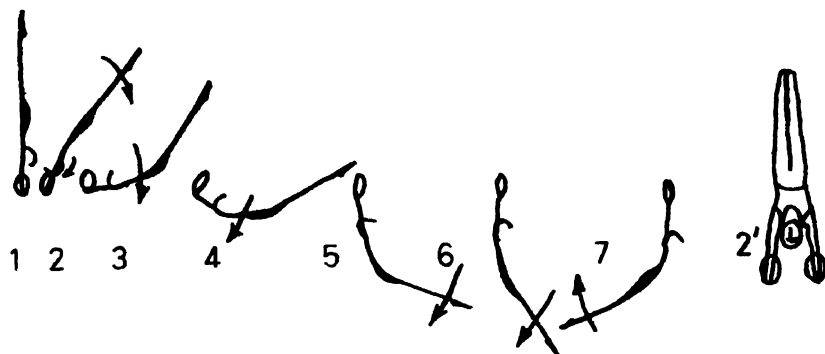
Practise the above exercises on the low rings, and at first have a spotter to steady the rings.



Handstand to Rearward Swing

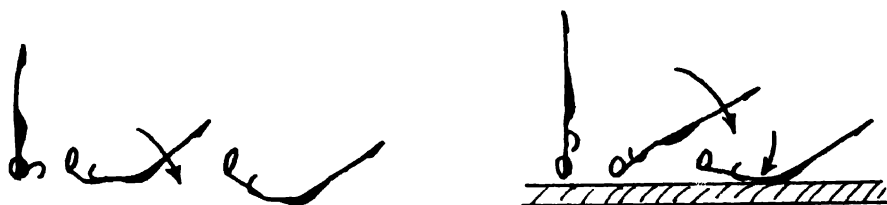
IMPORTANT POINTS

- 1, 2: Flex the head forward, turn the rings out as you push them back, and initiate the swing down from the feet. 2-5: As soon as the shoulders reach the level of the rings, lead the rearward swing with the shoulders and upper back. Keep head forward and, as the body passes through the horizontal, turn the rings inward. 6, 7: Relax the shoulders before performing the hip-whip action.



PRACTICE EXERCISES

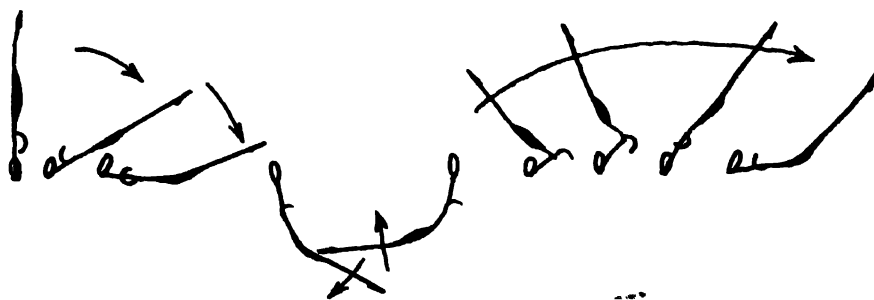
To get the feel of the forward fall-over, extend from a shoulder-stand. On low rings, practise the forward fall-over with straight arms and rings at shoulder-width apart, to land on a crash mat. Concentrate on the outward turn of the rings, the slightly extended body at the beginning, converting to the upper back lead as you land on the crash mat.



Try the whole move with a spotter. Keep the handstand stretched before you begin the swing down. As you begin the lead with upper back and shoulders, concentrate on turning the rings inward to make for a smooth swing.

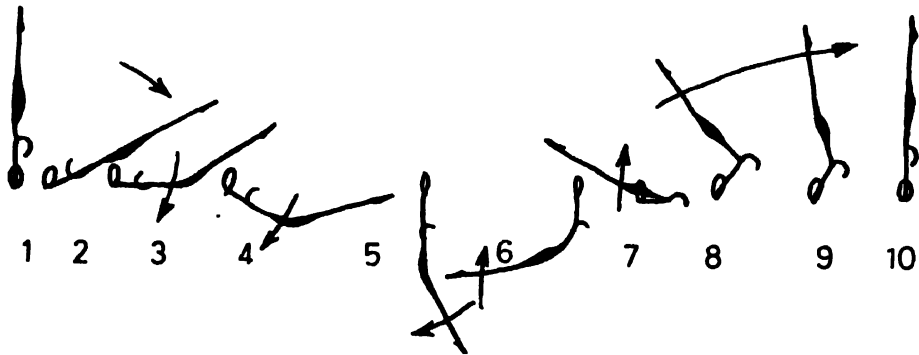
RELATED COMBINATIONS

Handstand to Rearward Swing to Inlocate Forward



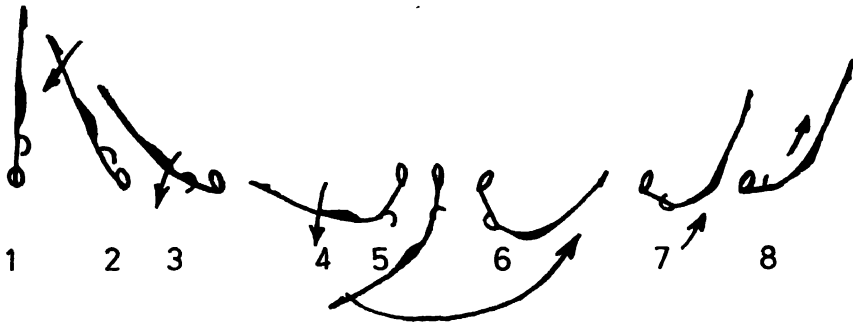
At first, work the rearward swing into an ordinary inlocate. Then add more speed and height, concentrating on all the important points of the 'Giant Inlocate Forward'.

Handstand to Back Uprise to Handstand



At points 6, 7, in order to obtain sufficient upward speed from the legs, lean the shoulders forward with the rings spread apart, and lead hard upward with the legs. 8-10: Turn the grips into support position on the rings, and press the rings close together while the legs are still swinging upward. Concentrate on the shoulder-drop (relax) and hip-whip action at points 5, 6, 9 to obtain more upward momentum.

Handstand to Forward Swing

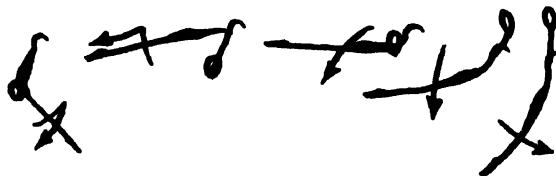


IMPORTANT POINTS

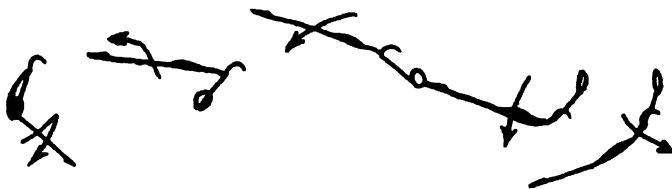
1, 2: Stretch and tighten the whole body during the first stage of the swing down. 3-5: Immediately after the swing starts, flex the head slightly forward and lead with the chest and shoulders, with the rings being turned inward slightly. Push the rings forward, and do not bend the arms or tighten the shoulders. 5-8: Review 'Pendulum Swing'.

PRACTICE EXERCISES

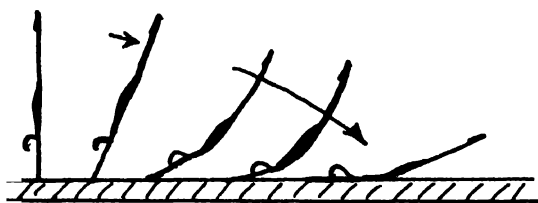
From a small pendulum swing in support, swing the legs back and push the rings forward to begin the forward downswing.



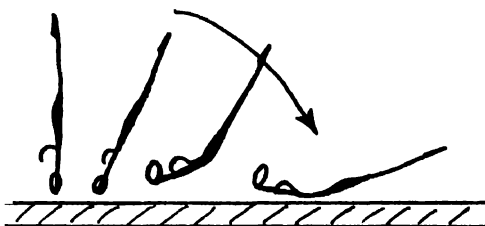
Now swing the legs up as high as possible with the body tight, and then push the rings to the front, shoulder-width apart, and lead the downswing with the chest and shoulders, not the hips.



On a crash mat, practise rolling down from handstand in prone position, keeping the arms straight. Practise until the elbows, chest and hips land in that order.



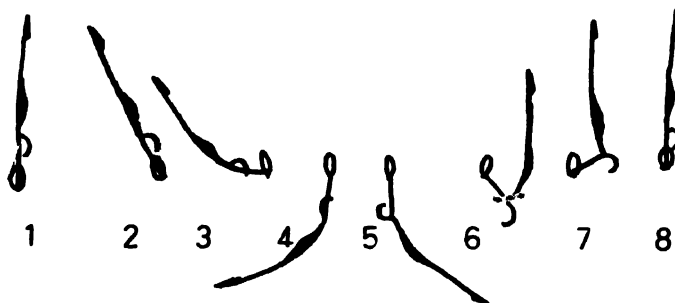
Lower the rings to just above the crash mat, and follow the first practice exercise, but also pushing the rings forward.



Now perform the whole move from handstand, with assistance from a spotter. Try to add some other move such as a back somersault, in order to put the correct momentum of the swing to good use.

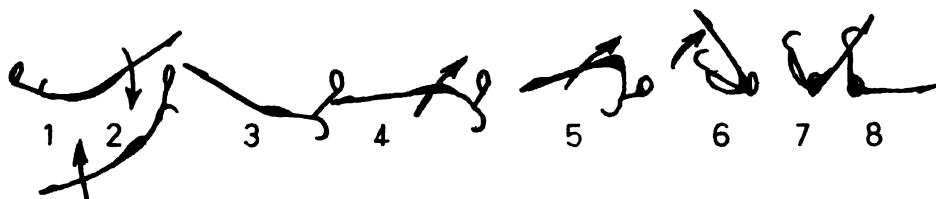
RELATED COMBINATION

Handstand to Giant Swing Forward to Handstand



Review the 'Felge Swing to Handstand' with straight arms. The speed from the forward downswing must be effectively used for the upswing. The shoulder-drop (relax) action and the hip-whip action leading the feet into the upswing need to be thoroughly practised. Another key point is the controlled stop in handstand after the fast swing up the front, and you must learn to adjust the timing of the chest-extension just before the body reaches handstand, in order to check the swing at the right moment.

Honma



IMPORTANT POINTS

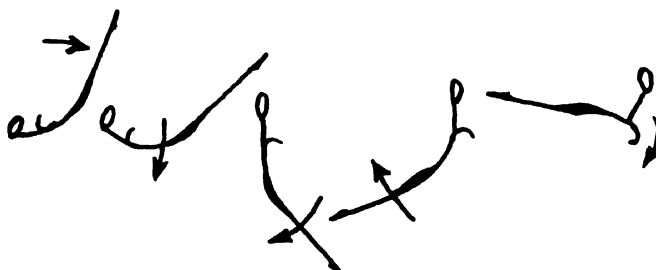
1, 2: Review 'Pendulum Swing', especially for preparing the dynamic rearward swing with the hip-whip action. 3, 4: Following the strong hip-whip action, flex the head forward, inlocate the shoulders forward pressing down on the rings, stop the heel-lead and begin to lead with the hips. This will cause the shoulders to lift. 5-8: Having obtained this upward momentum, turn the rings quickly out and press down on them, bringing the hips towards the belts with the feet following them. When in support, lower the legs, without breaking the rhythm of the move, to come to half-lever.

PRACTICE EXERCISES

Review 'Pendulum Swing', particularly the shoulder-drop (relax) action and the hip-whip action.

Review 'Inlocate Forward', combined with the previous exercise, making sure the shoulders lift above the rings in the inlocate.

Practise flexing the head forward following the hip-whip action.

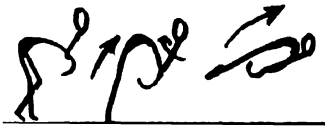


Perform an inlocate forward to piked inverted-hang.



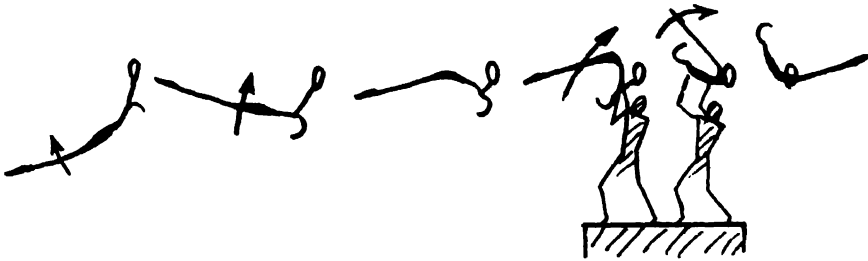
Add the head flexion of the third practice exercise to the above inlocate forward to piked inverted-hang. The fast heel-lead of the rearward swing should be suddenly broken by the head-flexion, which will cause the pike, and lead to some upward lift of the shoulders and upper body. The arms must be kept straight.

Review the 'Upstart to Support' and the 'Inlocate Forward' to piked inverted-hang, and concentrate on the outward turn of the rings and the pressure on the rings. Aim to put the two moves together.



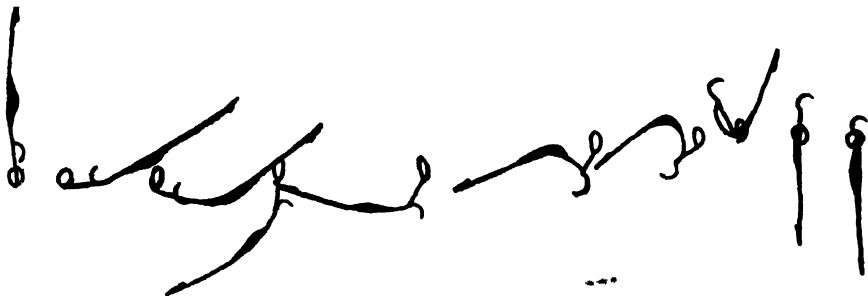
Practise the turning of the rings in inverted-hang on the low rings.

Perform the complete move, with assistance from a spotter to aid the lift and ensure support position.



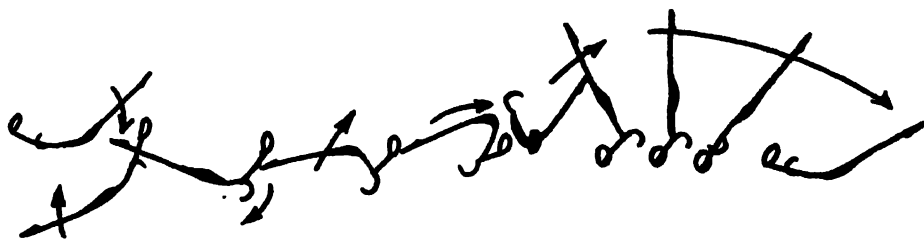
RELATED COMBINATIONS

Handstand Rearward Swing Down to Honma to Crucifix



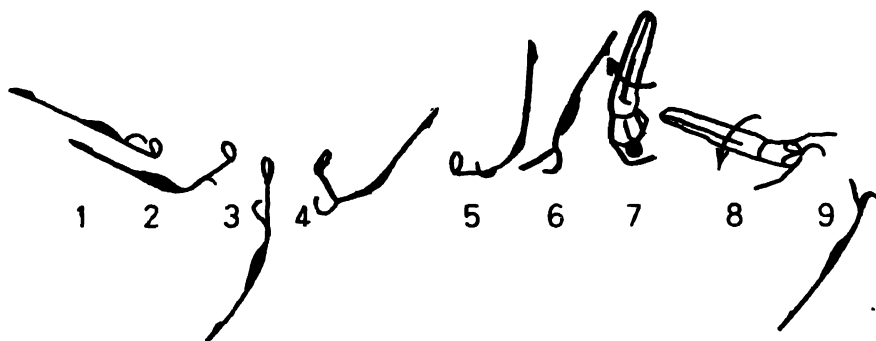
The big rearward swing producing the honma must be checked with momentary support before lowering the body into crucifix. When the honma comes to support, extending the chest is one way of checking the momentum.

Honma to Swing to Handstand and Rearward Swing



As soon as the arms come to support at the end of the honma, with the legs still piked, lean the shoulders slightly forward and extend the legs into a rearward swing with a straightened body to a clearly shown momentary handstand. Then fall forward into the rearward swing.

Backward Somersault with Full Twist (360 degrees)



IMPORTANT POINTS

1-5: Review 'Back Somersault'. 5, 6: Keep head flexed and upper back rounded at the point of release. Then extend the body, wrap in the arms and turn the head to initiate the twist. 7, 8: Tighten the body and stretch out the arms to stop the twist and prepare for landing.

PRACTICE EXERCISES

Practise the back somersault, aiming for height.

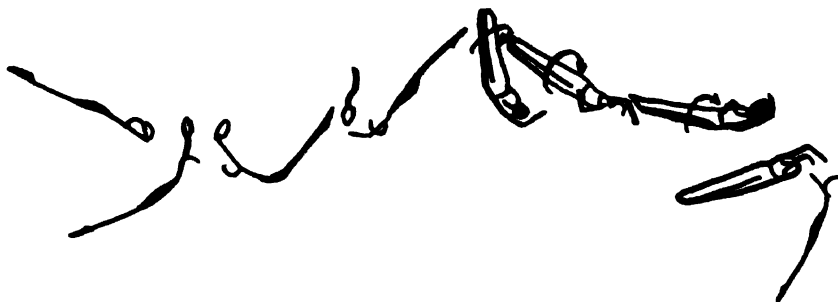
Review the practice exercises for back somersault with half-turn on floor.

Try the back somersault with the full turn, with a spotter to assist the landing. Release the rings before twisting and then turn fast. Gradually release the rings earlier, and throw them back and out before initiating the twist

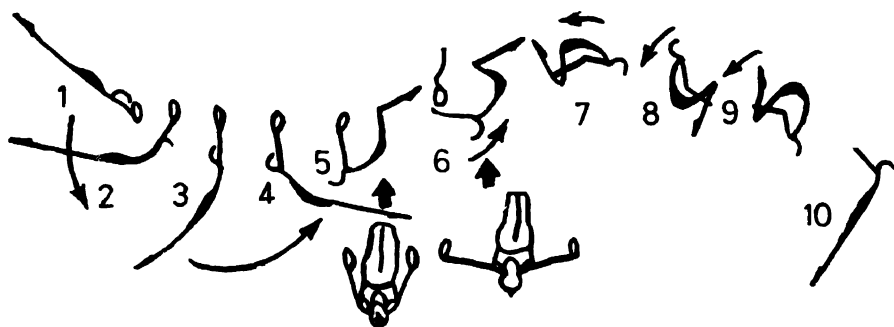
RELATED MOVE

Back Somersault with Double Twist (720 degrees)

Release the rings as though you are throwing the body forward with tight hips. Lead the head and upper body into the twist, wrapping the arms in tight. Keep the body tight and twist fast with the head in.



Double Back Somersault



IMPORTANT POINTS

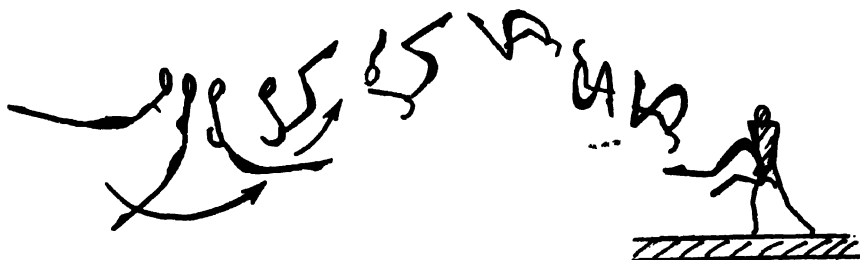
1-4: Review 'Pendulum Swing'. 5, 6: Start the tuck immediately before lifting the shoulders and throwing away the rings. 7: Tuck tight with rounded upper back and head slightly extended. 8-10: Pull in the tuck even tighter, and then begin to extend the body for the landing.

PRACTICE EXERCISES

Practise the tucked back somersault, and emphasize the shoulder-drop (relax) action and hip-whip action to obtain height for the somersault.

Try for increased rotational speed during the single somersault, by tucking very tight with rounded upper back and slightly extended head. Extend it quickly in order not to over-rotate it, and have a spotter to assist.

After learning the single somersault with height and swift rotation, try the double back with spotters on each side and a thick crash mat. Concentrate on a sharp forward upswing and rotational speed.



Still with spotters, concentrate on the landing by learning to know where you are during the flight. Try to spot the landing mat quickly. Repeat the move many times to perfect it, before putting it in your exercise.

RELATED MOVE

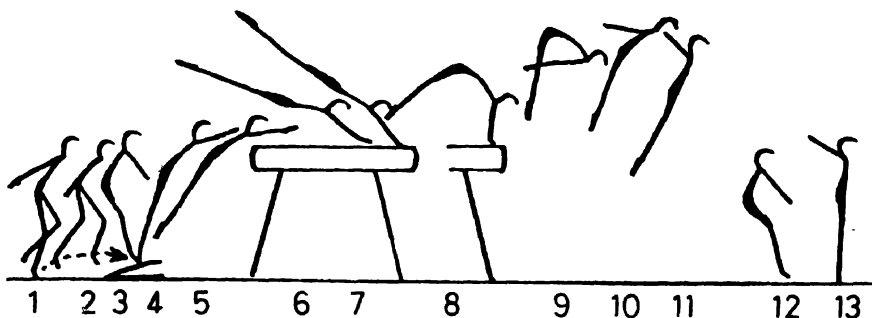
Double Piked Back Somersault

The double back somersault (tucked) must be perfected before learning the piked version. The piked position is not only a tight flexed body but must also incorporate a rounded upper back and extended head in order to obtain sufficient rotation.



4 · VAULT

Stoop Vault



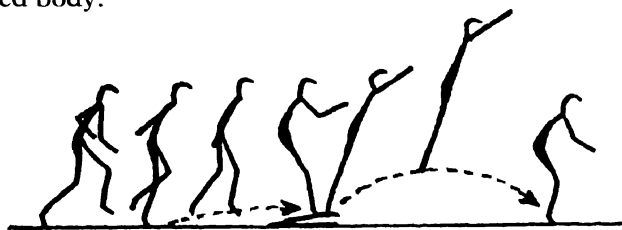
IMPORTANT POINTS

1-4: Run and hurdle-step on to the board with a sharp, low flight, swinging the arms through to reach for the end of the horse. At point 3, the feet are ahead of the hips and the upper body is leaning forward as the arms swing through for the neck of the horse. At point 4, the knees are completely extended for the flight on. 5-7: Get rotation by lifting the heels and keep the body tight. 7, 8: Stop the forward rotation by extending the head and chest before pushing off strongly through the arms and chest. The strike through the arms and chest must be co-ordinated with the flexion of the hips for the stoop-through. 10-12: Extend the body fully before landing with the feet in front of the hips.

PRACTICE EXERCISES

After a five-to-ten metre run, practise take-off:

Take off from a springboard, swinging the arms forward and upward, and land with a stretched body.



Arm- and shoulder-lift—on the last step the arms are behind the body, and as you perform the hurdle-step they swing forward and upward, so that at take-off they are directed towards the flight of the body with shoulders lifted.

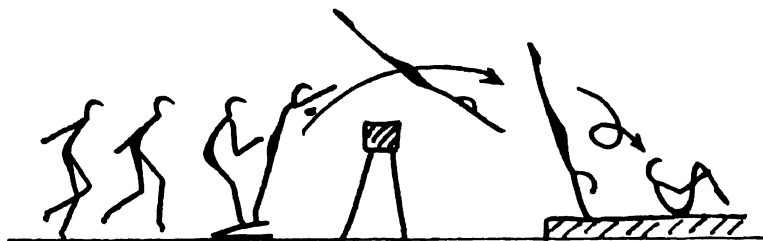
Take-off—try to keep the knees and ankles extended so that the balls of the feet are the primary points of take-off.

Landing—bring the feet through to land in front of the hips, and land with hips and knees slightly flexed and with arms lowered out to the side.

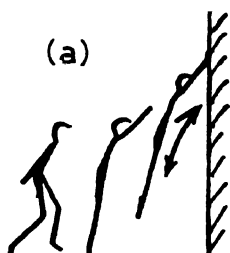
Take off as in first practice exercise, and then lift the heels in order to initiate



rotation, with the body extending in flight. A spotter then catches the waist and lowers the performer. Repeat, but make the flight over a horse placed crossways, and roll out into a crash mat. Aim to get good rotation from the heel-lift, keeping the body extended, and to roll out through handstand.



(a) Jump forward and up against the wall, and push away through the arms, shoulder and chest.



(a)

(b)



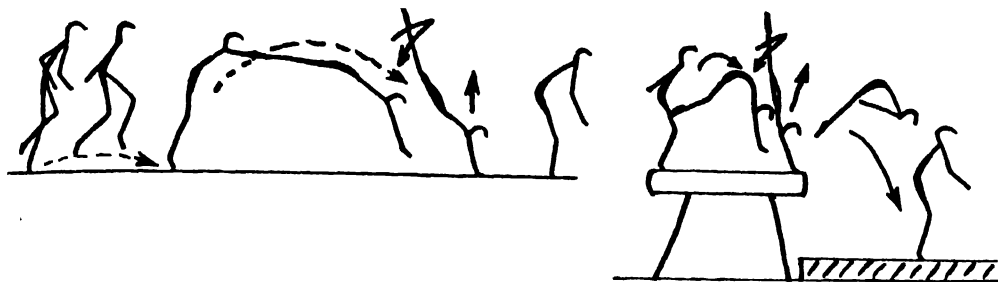
(b) With one foot take-off, perform a handstand—bounce into forward roll, pushing strongly through straight arms and shoulders.



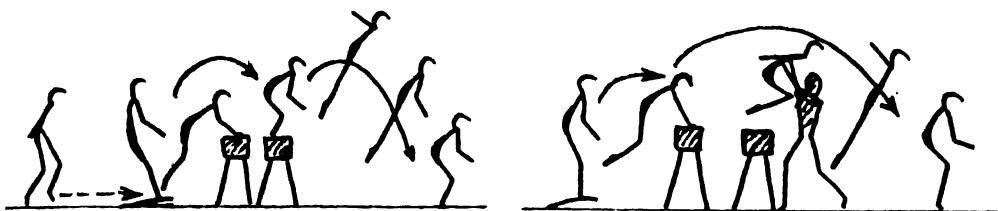
Perform a long 'rabbit-jump', straightening the knees, and then practise it off a long horse to land on a crash mat.

Practise the squat vault off a buck, with the aid of a spotter:

Run, take off and squat on to the buck, and extend and jump off into a crash mat. Aim to push off before the feet contact the buck, and to jump off without stopping on the buck.



Increase the running speed and squat through. Aim to move the board farther back and to increase both first flight and second flight.

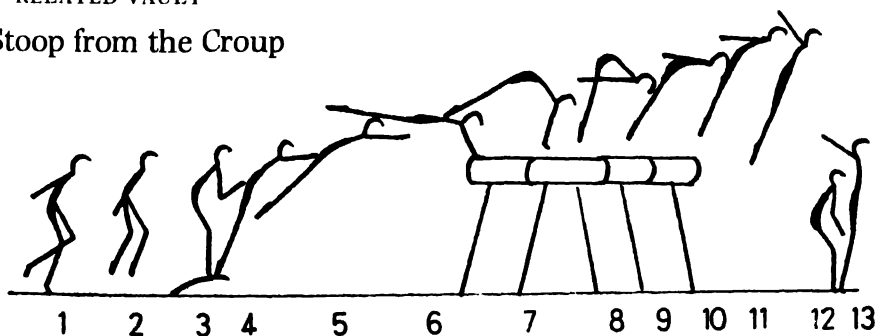


Repeat, but extend the body immediately after the push-off. This requires a strong strike through the arms and shoulders. Try these exercises on a long horse.



RELATED VAULT

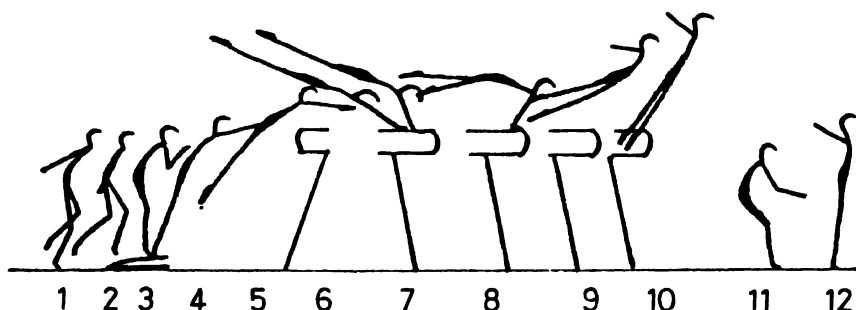
Stoop from the Croup



IMPORTANT POINTS

4-6: Reach for the near end of the horse without too much heel-lift (the Code of Points requires the body to attain the horizontal, but no more, on vaults from the croup). 7-11: A strong push and sharp flexion and extension of the body are required. Ideally position 11 should be attained above the level of the horse.

Straddle Vault



IMPORTANT POINTS

1-6: Review run, take-off and first flight of 'Stoop Vault'. 7-9: Strike off hard through the arms and shoulders, and straddle the legs keeping the heels back and extending the head and chest. 10-12: As you come to land bring the feet through to land in front of the hips, lowering the arms somewhat, then push the heels into the mat to steady the landing and straighten the body.

PRACTICE EXERCISES

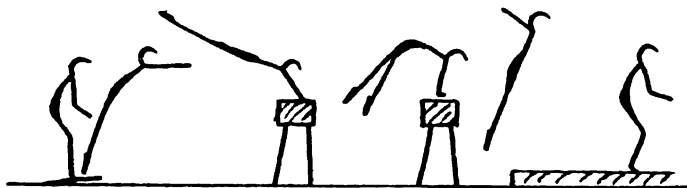
Review 'Stoop Vault', particularly take-off and strike (push-off).

Using a buck:

Run and take off with flexed body, with legs straight. Concentrate on the strike.



Run and take off with straight body, getting rotation above the horizontal from the heel-lift, and flexing as you strike off the buck. Aim to straighten the body before landing.

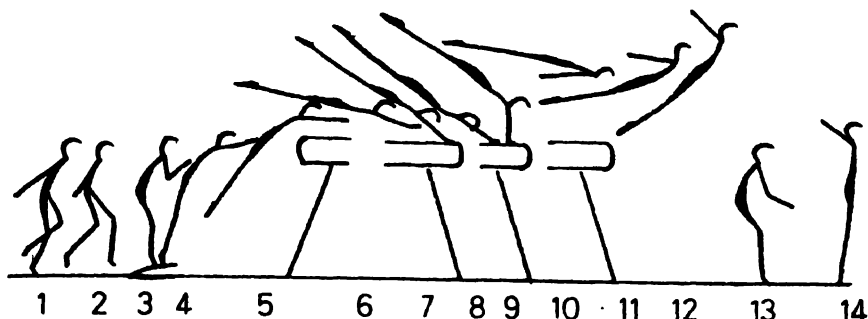


Now reduce the hip-flexion to a minimum. The speed of the vault and an effective strike should be enough to extend the body for the second flight.

Hecht Vault

IMPORTANT POINTS

1-4: Review 'Stoop Vault'. At the moment of take-off, the upper body should already be leaning forward towards the horse. 5, 6: The first flight must be low and sharp, with a swift heel-lift. 7, 8: At the point of strike the body must be more than 20 degrees above the horizontal. The strike must come through the arms,



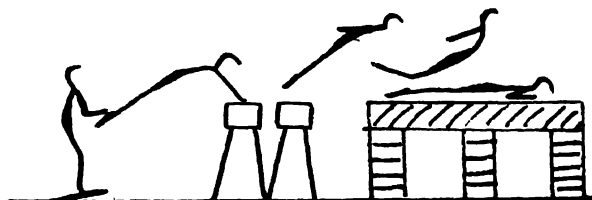
shoulders and chest. 9, 10: Keep the upper back rounded and slightly flex the hips. 11-13: React with head and chest-extension, keeping the hips tight and swinging the arms up from behind. Then bring the feet through for the landing, lowering the arms.

PRACTICE EXERCISES

Review the 'Stoop Vault'.

Review the 'Straddle Vault', particularly the strike and the extension of the body. Pay attention to the head and chest action at points 7, 8.

Using a cross horse, perform a Hecht vault to land in prone position on crash mats built up to the same height as the horse. Concentrate on a low first flight (with the hips and knees being behind the feet as you come on to the board), on a dynamic strike, and on the extension of the body before landing. Start to lift the heels higher in the first flight, and then practise the vault without the horse-level crash mats.

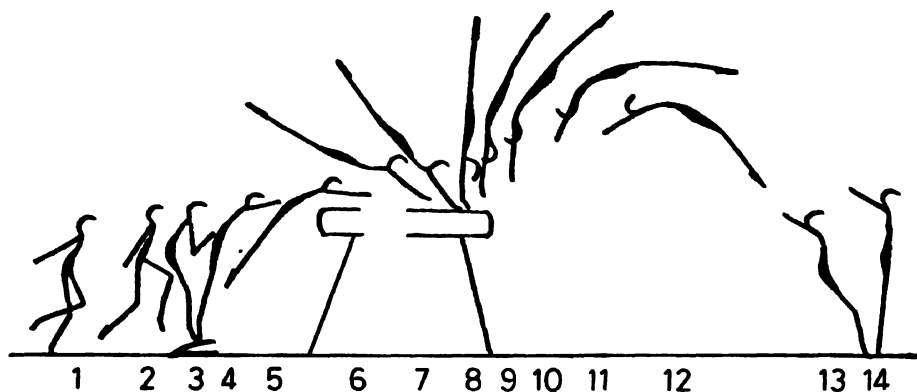


On a long horse, practise a high stretched straddle vault. After mastering the technique of the strike-off chest action, and the second flight without an over-flexed body, try the Hecht vault on the long horse.

Handspring (Longarm) Vault

IMPORTANT POINTS

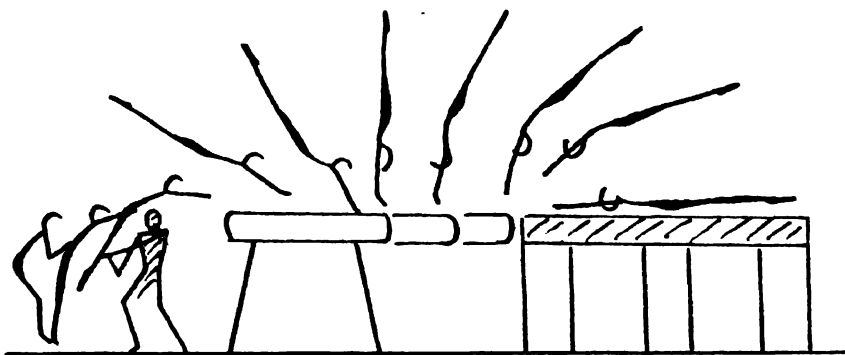
1-4: Review 'Stoop Vault'. 5-7: There must be a sharp heel-lift at the same time as the arms reach quickly for the neck of the horse, with no hip-flexion. The chest should be extended slightly just before strike, in order to get the chest-strike reaction. 7, 8: The strike comes through the chest and shoulders and, as soon as it is completed, the body must be straightened and the head brought forward. 9-12: Keeping the arms extended back, extend the chest and hips to aid the rotation in the latter part of the second flight, and do not start the landing preparation too soon. 13, 14: Push the feet forward for landing (in front of the hips), bring the head forward, and lower the arms out to the side. Then straighten to finish.



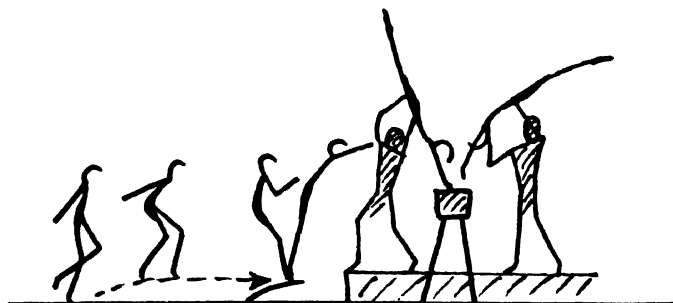
PRACTICE EXERCISES

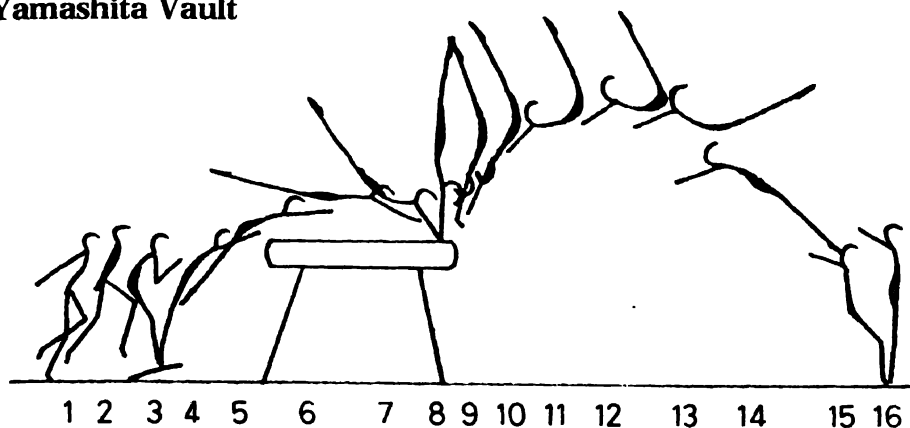
Review the 'Handspring' in Floor Exercise, and the take-off and strike exercises in 'Stoop Vault'.

Practise on a cross horse with two spotters, one to aid the first flight and one the second flight. Gradually place the springboard farther back until it is more than a horse's length away from the cross horse. Concentrate on heel-lift, and the correct second flight position.



Perform the handspring on a cross or long horse to land on a crash mat platform, level with the top of the horse, and with spotter assistance to aid the lift during the first flight. You can use a trampette or two springboards. Concentrate on the point of strike.

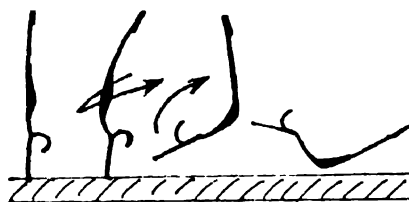


Yamashita Vault**IMPORTANT POINTS**

1-4: Review the take-off on 'Stoop Vault'. 5-8: The heel-lift should be more pronounced than in the 'Handspring Vault' to achieve a very sharp chest action in the strike-off, co-ordinated with the push through the arms and shoulders. 9-12: Use the reaction from the strike to flex the head forward and pike the upper body towards the legs, keeping the arms back. 12-16: Extend the body sharply from the pike into a slightly arched position, with the head looking for the feet, and feet pushing out for the landing.

PRACTICE EXERCISES

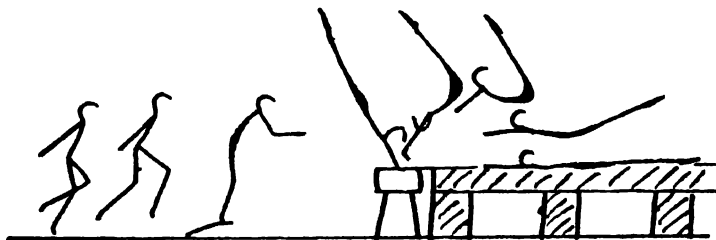
Kick up towards handstand on a crash mat, quickly drop the shoulders, extend the chest and hips and use the reaction to push off the mat into a piked position before landing in a sitting position.



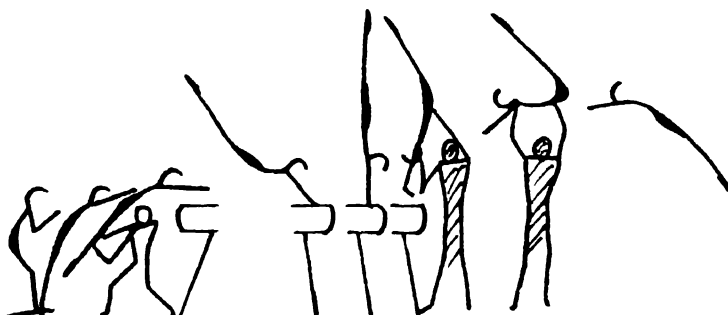
Take a short run and perform a low flying handspring on to a low box, to land on a crash mat the same height as the box. Keep the body extended from take-off. Similar to this, but drop and push through the chest, flex the head and hips, and land in a piked sitting position on crash mat. A spotter should support the performer's hips and shoulders.



When this is perfected, and you have excess speed on landing, extend the body after the pike to land on your back.

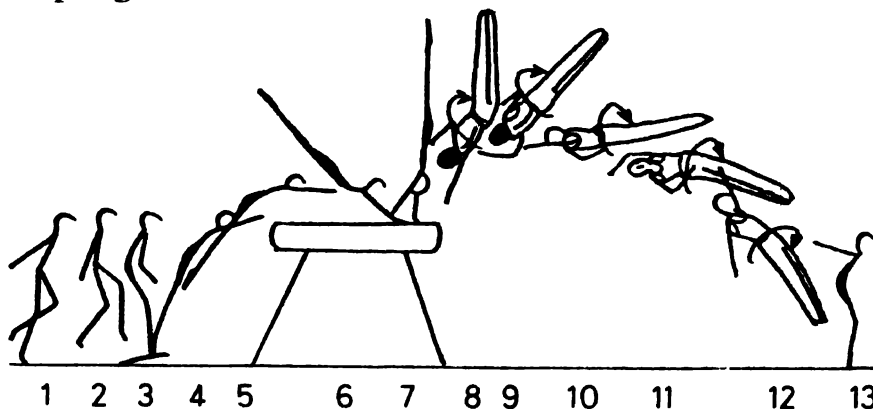


Perform the complete vault with spotters, one to aid the first flight (assisting the heel/leg lift), and the other to support the shoulders and hips during the second flight.



Gradually reduce the amount of support, and remember -low, fast first flight, chest-action in the strike, quick pike and extension in second flight.

Handspring with Full Turn



IMPORTANT POINTS

1-6: Review the 'Handspring Vault'. 7-10: Immediately after the strike off the horse, the outside (right) arm and shoulder are dropped across the body with the head, slightly flexed forward, turned towards the upraised leading (left) arm. The body must be kept tight and straight. 11-13: As the turn is completed both arms

are extended upward in preparation for landing and, as the landing is made, the arms are lowered out to the side.

PRACTICE EXERCISES

Master the 'Handspring Vault' first.

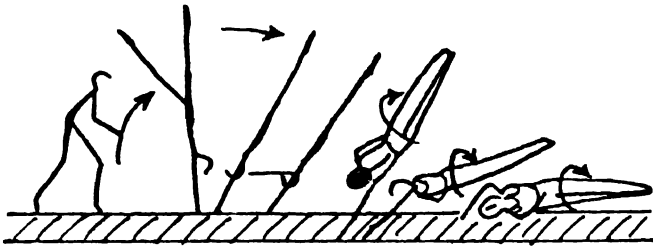
Practice for the turning action:

Starting with the arms above the head, drop the outside arm diagonally across the body towards the opposite hip. Then try it lying on the floor, rolling from your back on to your front (half-turn).

Now try the turn during the last part of a forward roll.



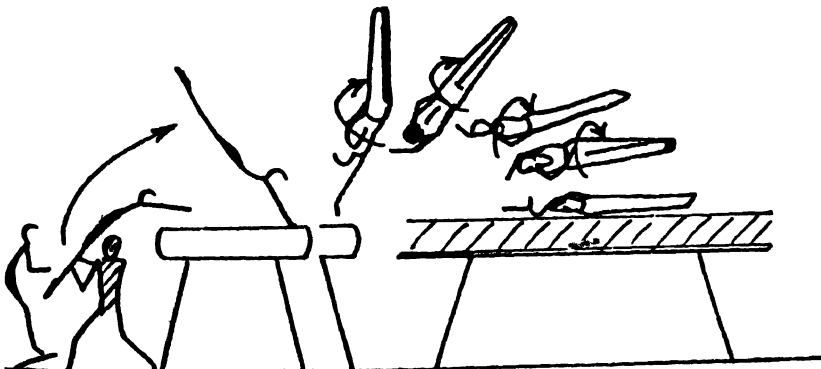
Try the turn from a straight-arm forward roll out of handstand into a crash mat.



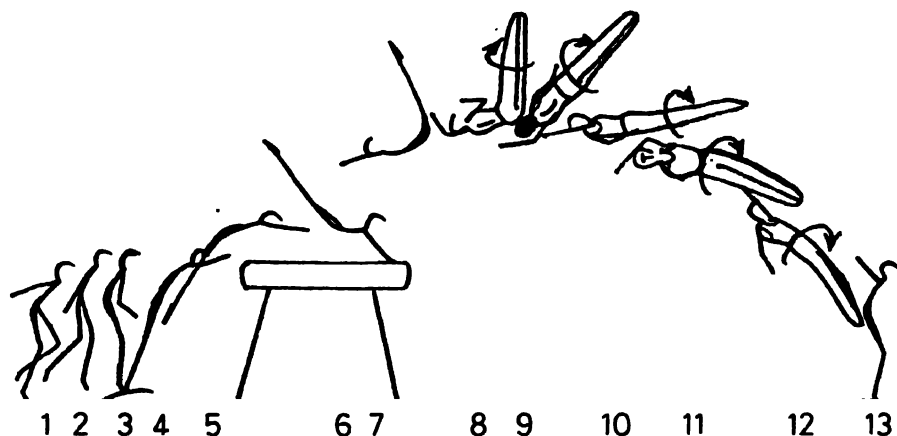
Try this again, but from a handspring, keeping the body tight and straight with the head slightly flexed forward. Aim to make the full turn on to your back.

Perform a handspring vault to land on your back on a crash mat placed level with the top of the horse.

Now perform the handspring with full turn to land on your back on the crash mat. Have a spotter to aid the flight on, and concentrate on speeding up the arm action for the turn.



Yamashita with Full Turn



IMPORTANT POINTS

1-7: Review the 'Yamashita Vault', and do not over-flex the pike. 8: Begin the turn with the extension of the body, using the same arm-action for turning as in the 'Handspring with Full Turn'. It is important to extend quickly after the pike. 9-13: Review the 'Handspring with Full Turn'.

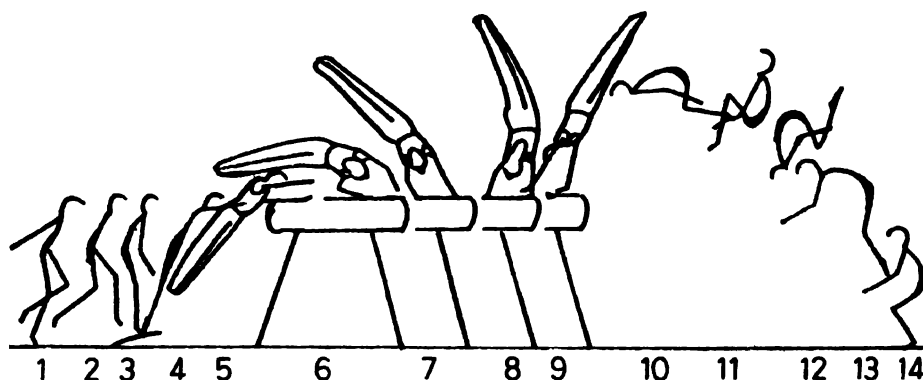
PRACTICE EXERCISES

Master the 'Yamashita Vault' first.

Review the arm-action technique for turning in 'Handspring with Full Turn'.

Work at the last two practice exercises in 'Handspring with Full Turn', substituting the 'Yamashita with Full Turn'. Remember to extend earlier than in the normal 'Yamashita'.

Tsukahara Vault



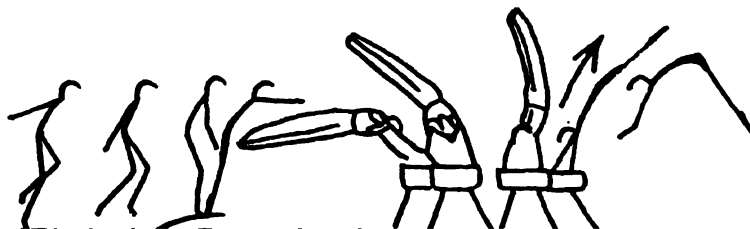
IMPORTANT POINTS

5, 6: During the first flight, the upper body should come on low to the horse reaching quickly for it, with the feet lifting fast for swift rotation. The body will be hyper-extended. 7-9: Co-ordinate the reaction from the hyper-extended body with a strong thrust through the arms to obtain height and backward rotation. Do

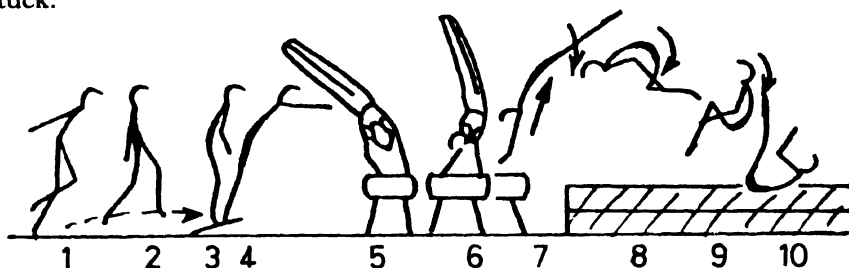
not begin the tuck for the somersault too soon, because it will cause slow rotation and lack of height. 10–12: Pull in the knees towards the chest and round the upper back for the somersault. 12, 13: Spot the mat early for the landing.

PRACTICE EXERCISES

On a low box or cross horse, perform forward jump to round-off.



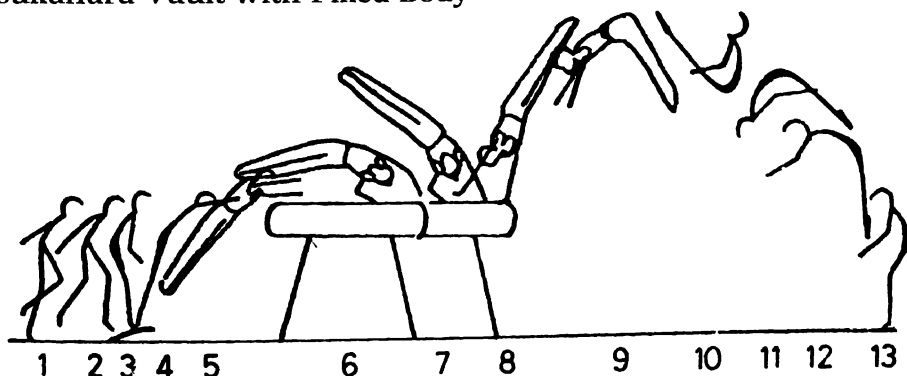
Try this, to land on your back on a thick crash mat, having pulled the knees in for the tuck.



Try the vault on a long horse, pushing hard through the arms, to land on your back on a crash mat level with the top of the horse.

RELATED MOVE

Tsukahara Vault with Piked Body



IMPORTANT POINTS

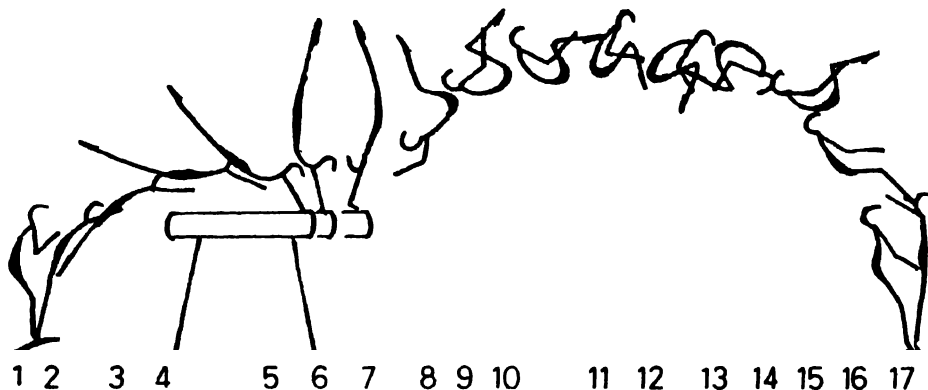
8–10: Instead of pulling the knees to the chest, drive the feet towards the head to initiate the piked rotation. 10, 11: Extend the head backward to look for the ground, and round the upper back.

PRACTICE EXERCISES

Master the 'Tsukahara Vault'.

Try the practice exercises of 'Tsukahara Vault' tucked, but piking the body and concentrating on the vigorous hip-action (from hyper-extension to sudden flexion). Then try the full vault with the help of a spotter to aid the lift and rotation.

Handspring Forward Somersault



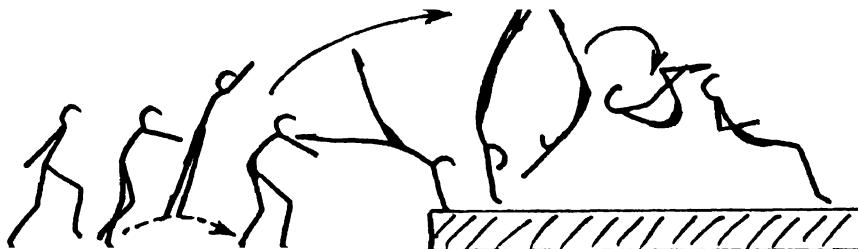
IMPORTANT POINTS

1-5: Review the 'Yamashita Vault'. Utilize the forward momentum of the run for a quick, sharp first flight, with a strong heel-lift with extended hips. 5, 6: Extend the head to aid the chest action for the strike-off, and keep the heels swinging upward. 7-9: Push through the chest and shoulders, and flex the head and hips into the forward somersault, moving the upper body towards the knees. 10-13: Keep the head flexed forward and the body tucked tight with a rounded upper back. 14-16: Start to open out the body in order to slow down the rotation and prepare for landing.

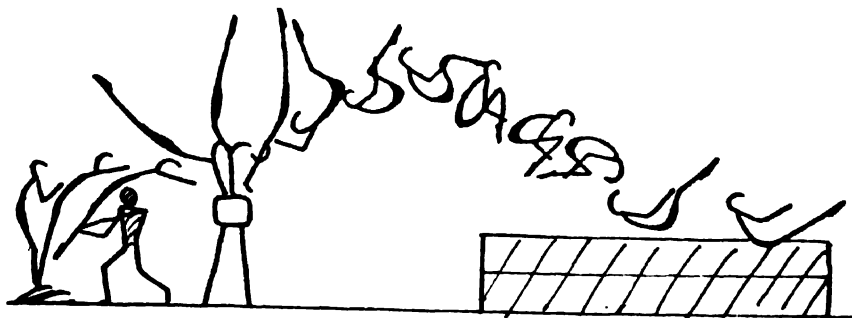
PRACTICE EXERCISES

Master the 'Yamashita Vault', concentrating on—quick first flight, fast heel-lift with sharp hip extension, chest-action for the strike-off.

Perform a handspring with fast heel-lift and the chest-action, into a crash mat.



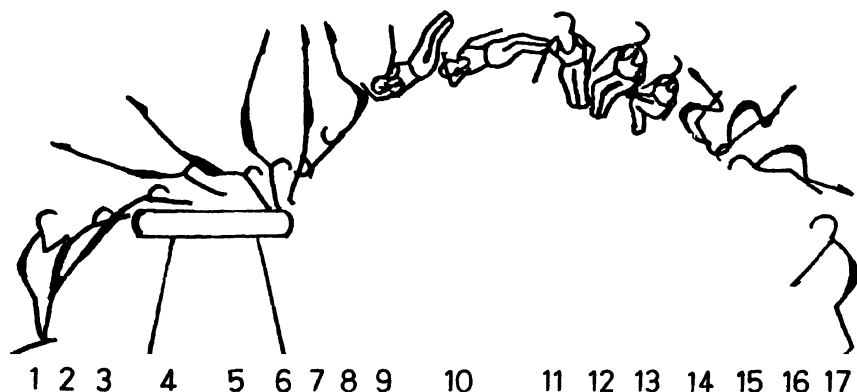
On a cross horse, perform a Yamashita vault with forward somersault, to land to sit on a crash mat level with the top of the horse. At first, have two springboards and a spotter to aid the rotation in the first flight. Concentrate on the heel-lift, chest-action and tucked position.



When the move is perfected on the cross horse, try it on the long horse with spotter and a crash mat.

RELATED MOVE

Handspring, Half-turn and Back Somersault (Cuervo)



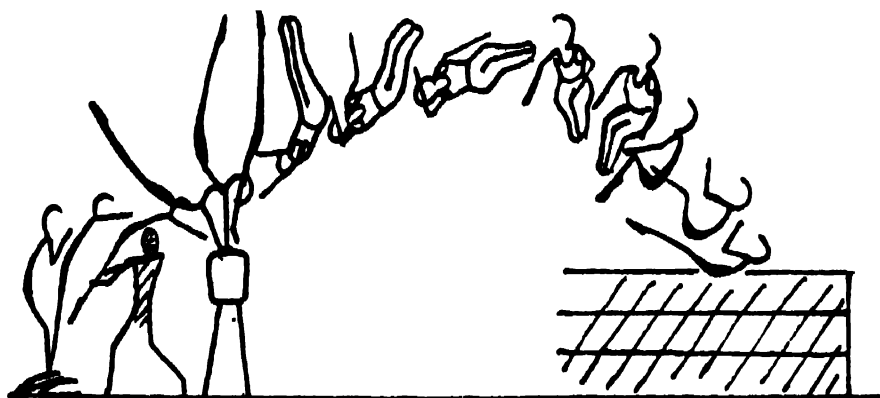
IMPORTANT POINTS

1-7: Review the 'Handspring Forward Somersault'. 8-12: As you tuck, drop the leading (left) arm and shoulder, turn the head and pull the knees in the direction of the turn (towards the right), and keep the outside (right) shoulder up. 12-15: Spread the arms out sideways to stop the longitudinal rotation, extend the head and pull the knees tight towards the chest to begin the somersault rotation. 15, 16: Spot the floor early, and begin to extend the body in preparation for landing.

PRACTICE EXERCISES

Master the 'Yamashita Vault'. Using a crash mat, try adding a half-turn to it, but without extending the body.

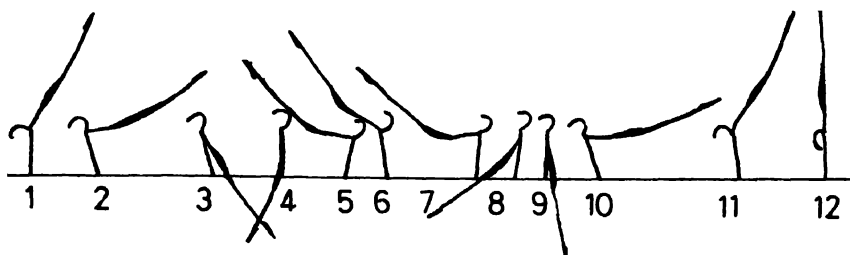
Similar to the third practice of 'Handspring Forward Somersault', except that you make a half-turn during the first half of the somersault, and land on your back on the crash mat, level with the top of the horse. During this exercise, keep your head flexed forward and your upper back rounded when landing.



When the strike-off is high and the half-turn is sharp, you can try the full vault on a long horse, with a spotter to aid the flight on and a thick crash mat for landing.

5 · PARALLEL BARS

Pendulum Swing in Support, to Handstand

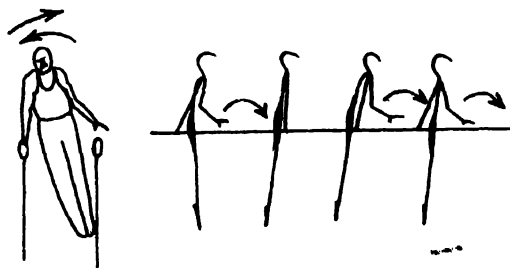


IMPORTANT POINTS

1, 2: The beginning of the forward swing should be executed with a straight body and, in order to maintain balance in the swing, there should be a slight lean-forward of the shoulders. 3, 4: The shoulders will drop slightly during this stage, but this will be an automatic occurrence and must not be over-emphasized. 4-6: At point 4 begin to lead with the toes, which will cause a slight hip-flexion, in order to build up the speed and so secure good height in the upward swing. At the top of the swing the shoulders should be momentarily pushed forward before the downward, backward swing is begun. 7-9: Extend the hips during this stage. 9, 10: At point 9 the body should be slightly arched, with heels leading, in order to obtain more speed. 11, 12: Now straighten the body position with a rounding of the upper back, and when you reach handstand tighten up the whole body.

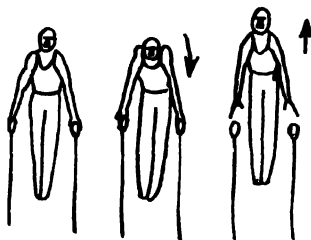
PRACTICE EXERCISES

For the beginner it is important to develop the necessary strength in the upper body, which should be part of your conditioning programme. However, the basic pendulum swings of any of the apparatus involve several other factors and, in order to learn the correct swinging techniques, beginners should train on the apparatus as well as following their conditioning programme of build-up exercises.



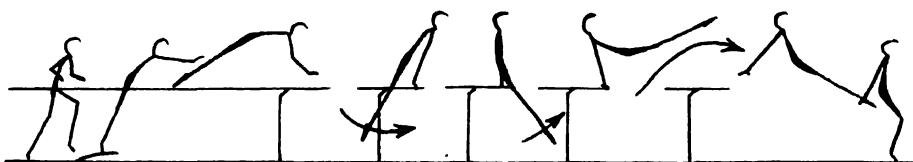
Support in straight arm-hang and, by leaning from side to side, shift the body-weight from shoulder to shoulder, trying to release the hand of the free arm off the bar. The next stage is to try and walk your weight on the hands, forward and

backward along the bars. Concentrate on transferring your weight from hand to hand with straight supporting arm.

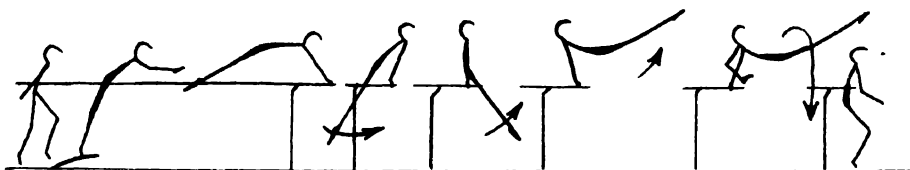


Use the up-down motion of the shoulders, without bending the arms, and hop both hands off the bar at the same time.

Try hopping forward along the bar and then try hopping backward as well. Only the shoulders and upper back should be used, not the knees and hips.



One, two or three paces, jump off the springboard, and reach forward catching the bars at the far end. With slightly flexed hips and on straight arms, swing forward and push off the bars to land in front of them.



This is similar to the third exercise, but swing up higher and dismount to one side of the bars.

Execute the exercise in the middle of the bars.

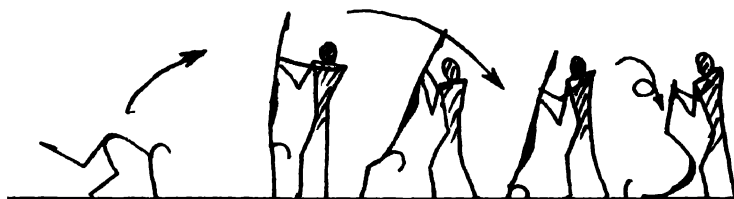
This is similar. Jump and swing forward and then continue the swing backward. When the swing reaches the top, dismount to one side of the bars. (Face vault dismount.)

Learn not only to widen the angle between chest and arms during forward swing, but also during backward swing.

Train the handstand both on floor and on mini-handstand bars.

Learn to control the body sway in handstand on the mini-bars.

On low parallel bars with thick mat at one end, kick into handstand, gradually lower the shoulders and pass through shoulder-stand into forward roll, with the help of a spotter. This exercise will help you to control a swing that goes over the top beyond handstand. Try and swing up to handstand with a pendulum swing. In the beginning do not try to emphasize the height of the swing, although it should reach about 45 degrees. Concentrate rather on adding speed to the swing.

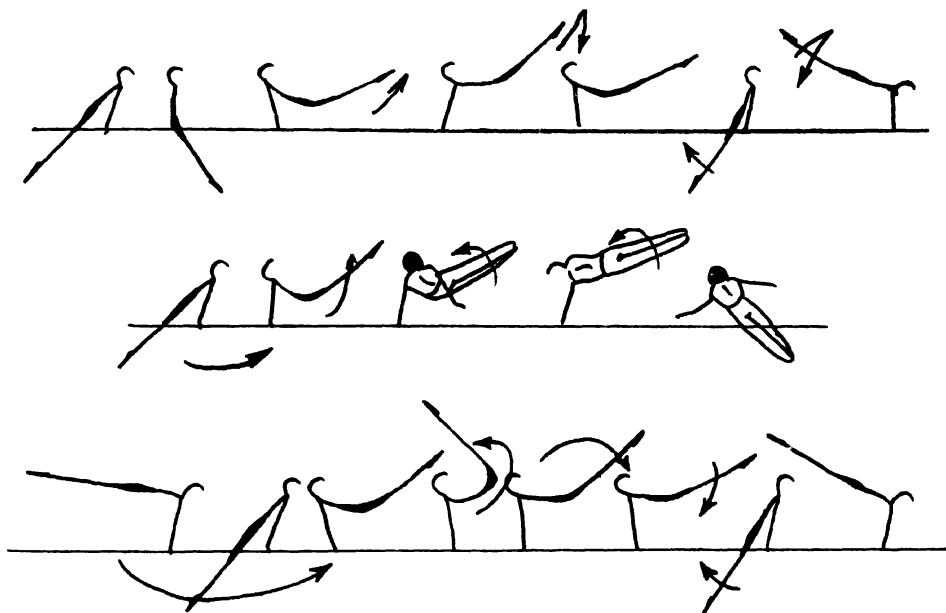


Remember three points:

Do not intentionally sink in the shoulders; the force of gravity will do it for you. As soon as the backward swing reaches the vertical line, make the heels quickly lead the swing up the back.

During the swing up the back keep tight with the hips slightly hyper-extended, and feel that the upper back is leading the swing to handstand.

SOME EXERCISES IN SWING



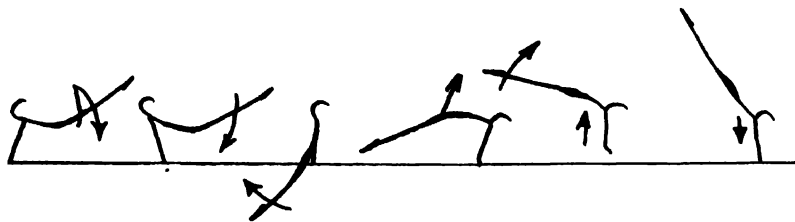
On the second forward upswing, lead the feet towards one bar and release the hand support before landing outside the one bar. (Flank vault.) Try this first at the end of the bar.

Concentrate on the toe-lead and flexed hips during the forward upswing, and then extend the hips by pushing through the supporting arm. This exercise can be done both sides of the bars.

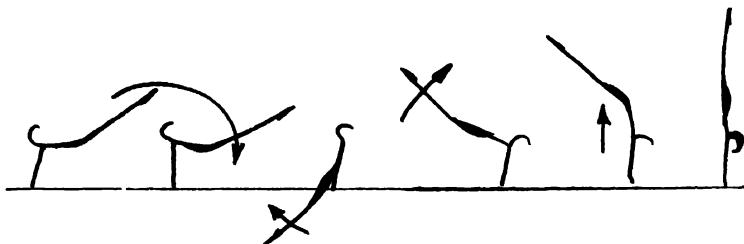
During the forward upswing, pass through the normal position into momentarily piked support with a wide angle between the arms and the upper back, then extend the hips to lead the backward downswing. Swing the legs up gradually higher, keeping control in the shoulders. Eventually one should be able to swing to a near handstand position.

During the backward upswing, lead with the upper back and slightly flexed hips, and then push off the bars before regrasping with the body above horizontal. Try

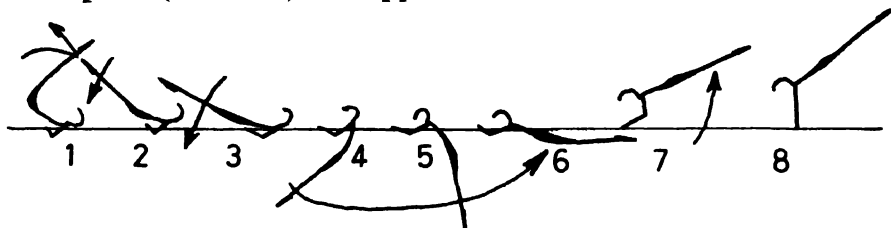
pushing off the bars by forcing the shoulders backward rather than by bending the arms. Try the exercise in repetition without losing balance.



During the backward upswing, add a momentary hop before reaching handstand. The point is to co-ordinate the quick hyper-extension and flexion of the hips, along with the backward forcing of the shoulders, to acquire upward momentum. Try to stop at once in handstand.



Back Uprise (Stemme) to Support



IMPORTANT POINTS

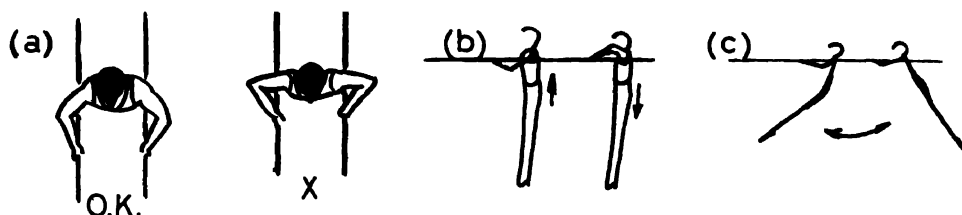
1-3: At point 1, grasp the bars so that the elbows are in front of the shoulders and the angle at the elbows is around 90 degrees; the shoulders should be above the level of the bars, and the bars must not be so narrow that they are underneath the armpits. Lead the downward swing with the heels to form a straight body, while the hips are well above the bars in order to obtain maximum speed in the swing. The arms should press down on the bars to prevent the shoulders from sinking below them, and the head should be in a normal position. 3, 4: At this stage, slightly flex the hips so that they start to lead the swing. This is the preparation for the strong whip-action of the hips that takes place during points 5 and 6. 4-6: During points 4 and 5, sink the shoulders lightly, which will also aid the whip-action. At the beginning of the fast whip-action the shoulders will be raised by the downward pressure of the elbows, and the whip-action will be obtained with a fast heel-lead to straighten and slightly hyper-extend the hip area. This is the primary action to produce upward momentum. 6, 7: As soon as the whip-action has produced the upward momentum, straighten the elbows so that the entire body is

swinging upward. Do not extend the chest. 8: As the top of the swing is reached, turn the wrists on to the top of the bars.

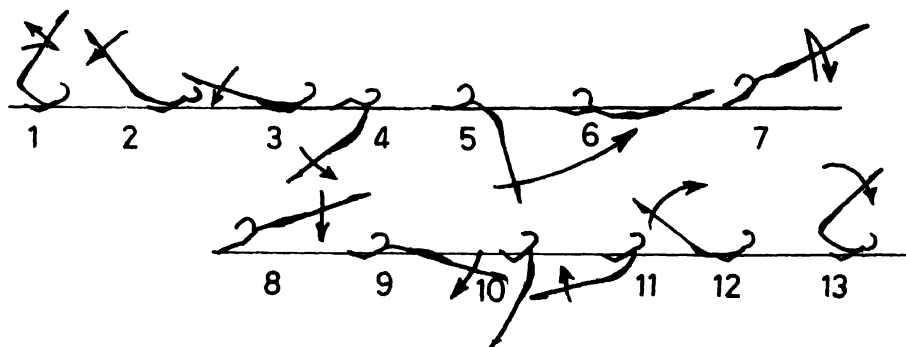
PRACTICE EXERCISES

(a) Adjust the width of the bars and put yourself in upper arm-hang. Remember the bars should be wider than the armpits. Grasp them so that the elbows are ahead of the shoulders with an angle of around 90 degrees. This position takes some getting used to and in the beginning it is rather painful. Repeat the following upper arm-hang exercises to get used to it:

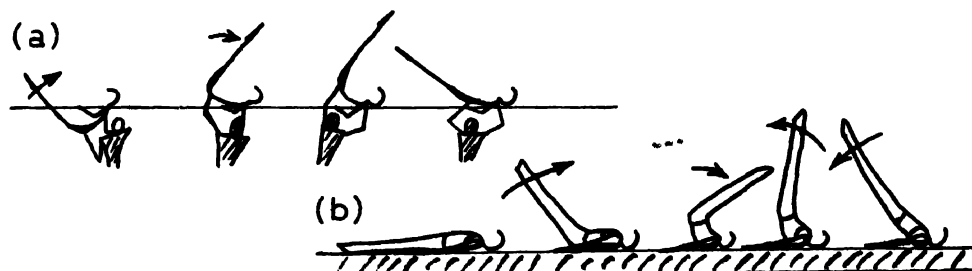
(b) When in the correct position of upper arm-hang try to move the shoulders up and down by correspondingly pressing down and raising the elbows.



(c) Now add a small pendulum swing, keeping the upper body in control. Learn the pendulum swing in upper arm-hang:



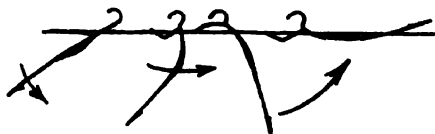
Try and perform the downward, backward swing as described above. When you get towards the top of the uprise, push the entire body slightly backward and lead the forward downswing with the toes. As the swing comes down towards the vertical, again drop the shoulders to bar level. When you reach this stage, use the slight hyper-extension of the hips to flex them by kicking strongly with the feet on



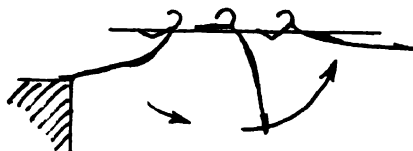
the forward and upward swing, and raise the legs and hips well above the bars before commencing the next downward swing. See preceding diagram (a).

With a strong support in upper arms on the bars, begin by lifting the hips as well as the legs, and extend the hips completely before they reach the level of the bars. Try doing it with a spotter first, to help lift the hips, or do it on a crash mat. See preceding diagram (b).

With a small pendulum swing, slightly hyper-extend the hips at the beginning of the backward downswing and, when you pass through the vertical position, flex the hips and drop the shoulders to bar level, reacting with a strong kick of the heels and extension of the hips as you come towards the top of the pendulum swing.



If there is a problem in learning the timing of this hip-flick, place a low platform in front of the parallel bars as a starting point for the flexing/extension action of the hips.

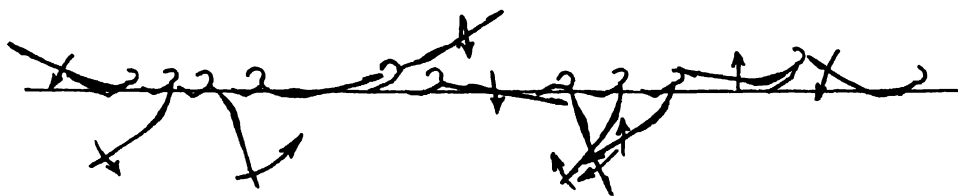


After learning the timing of the whip-action with a small pendulum swing, gradually increase the size of the swing, and then include the shoulder-lift at the end of the backward upswing. At first it is rather painful to execute the shoulder-lift correctly, and a spotter can help by giving support on the chest from under the bars.

One further point: if you turn the wrists before extending the elbows, it will often cause the move to be a swing-press uprise. On the other hand if you pull the shoulders forward to secure the support position at an early stage, it will cause the legs to remain lower than the bars and, thus, become a vertical uprise.

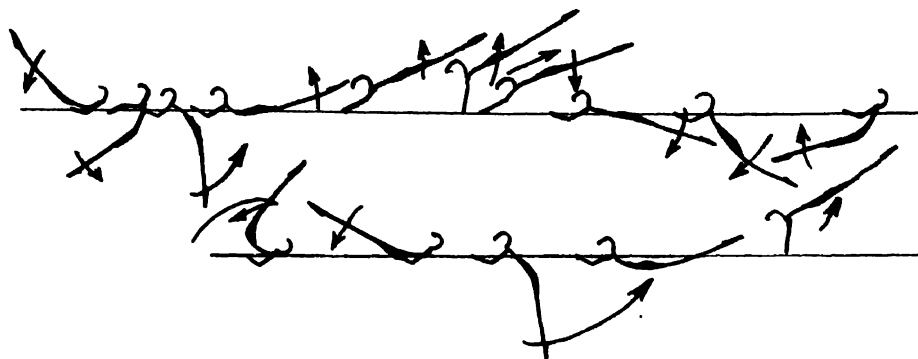
SOME OTHER EXERCISES

Lift off the upper arms at both ends of the swing.



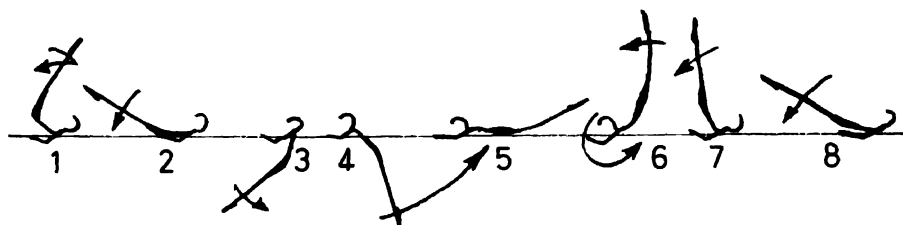
Have strong support on the bars, and give special attention to the up-and-down shoulder motion co-ordinating it with the hip-whip action. The shoulder-lift must lead for the forward upswing to lift the upper arms off the bars.

Back uprise to momentary support—lower to upper arm-hang—back uprise to support.



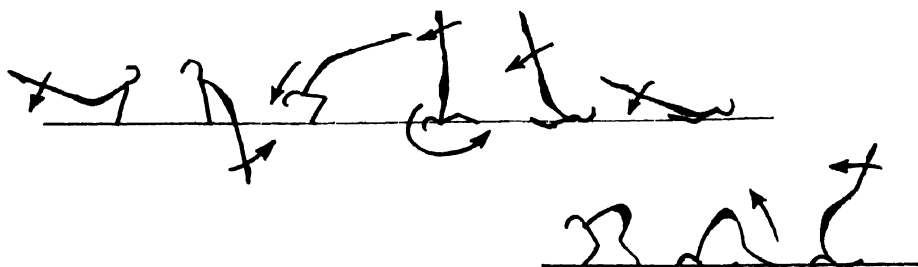
At first add one extra pendulum swing in support before lowering again to upper arm-hang. During the lowering process, lead with the elbows. The turning of the wrists to on top of the bars for uprising and, conversely, to the side of the bars for lowering is also an important element of this exercise. During the back uprise you must not allow the hips to flex.

Roll forward in upper arm-hang.



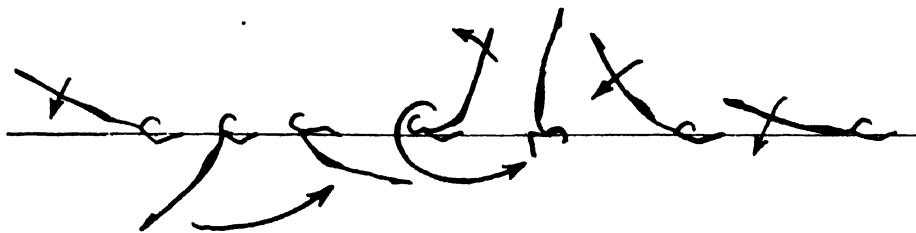
This is an extension of the backward pendulum swing in upper arm-hang, and until you have mastered that, the forward roll should not be attempted.

Try the roll from a small pendulum swing in support and, instead of swinging to handstand, swing to shoulder-stand before forward rolling.

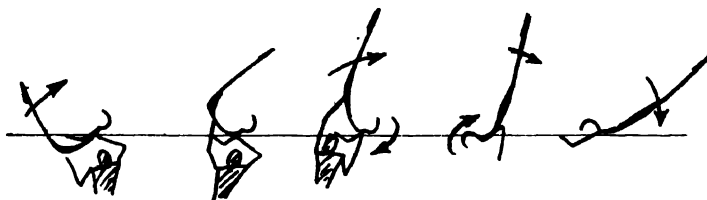


You can go back one stage and move into the shoulder-stand without the pendulum swing by simply lifting into the shoulder-stand before rolling forward. Swing the legs up gradually higher and higher, and co-ordinate the strong whip-action of the hips with the shoulder action keeping the shoulder above the bars. The next step is to try and swing up to near shoulder-stand with an extended body and with the shoulders above the bars BEFORE bending the head forward and

releasing the grip into the forward roll. The regrasp should be as fast as possible and you must keep pressing down on the bars by pushing the elbows below them. Try and keep the hips well above the bars without bending them after regrasping. Now try to do the move two or three times in a row. The body should move forward with each roll, and if it stays in one place or even moves backward you are probably releasing the bars and/or bending your head forward too soon. Roll backward in upper arm-hang.



If you have learned the forward pendulum swing correctly there is no problem in swinging your legs and hips high above the bars. Learn to release the bars, roll backward and regrasp them. It is important to leave the releasing of the bars until late and then to regrasp them as quickly as possible.

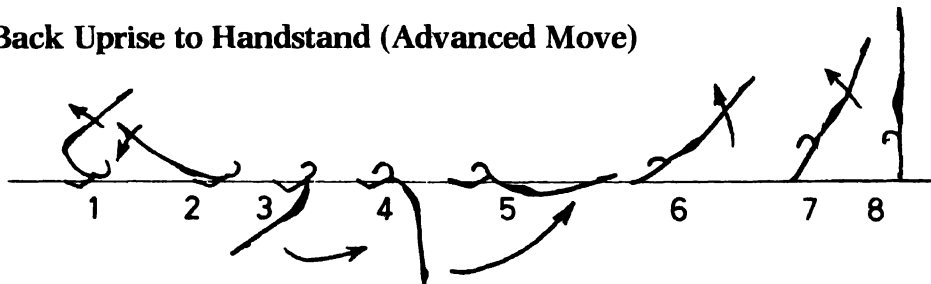


Often a beginner will release his grip too early, which will force the body to be extended too early, causing it to stop and reverse the backward rotation. A spotter must be ready for such an error. On the other hand, keeping the hips flexed too long will cause too much speed in the backward rotation.

Try the move two or three times in a row. The body should move backwards with each roll.

Besides this being a good build-up move for the front uprise, it is also a fundamental progression towards the streuli (backward roll to handstand).

Back Uprise to Handstand (Advanced Move)

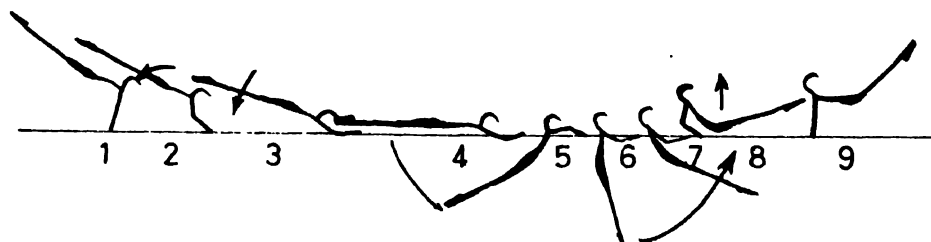


1-4: As in the back uprise. 5-6: Without moving the grip, the shoulders should be pushed off the bars as the heels swing up and forward. The shoulders must be

moving over the points of grip, BUT the elbows should not be bent more than they are during upper arm-hang, i.e. 90 degrees. 6-8: Turn the grip towards the top of the bars as you straighten the elbows. The entire body must be moving in the same way as in a forward long swing on the high bars.

Concentrate on good whip-action of the hips, and in the beginning get support from a spotter.

Front Uprise (Stemme) from Support to Support



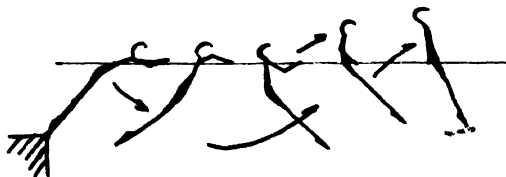
IMPORTANT POINTS

1-4: Lead the shoulders backward slightly flexing the hips as you bend the elbows for the descending phase from support to upper arm-hang. At point 4, when you reach upper arm-hang, the upper back should be rounded and the hips flexed ready for the coming whip-action. 5: Really lead through with the hips, with slightly lowered shoulders. 6, 7: Now kick with the feet to achieve the whip-action of the hips. The shoulders should also start to lift. 7-9: As soon as the legs are swinging forward and upward, the shoulders should also press upward with the arms being quickly extended. The swing-through of the legs and hips should occur without the shoulders leaning back, and the head should be kept in the same position all the time. The arm-extension should be executed by pulling and pressing the bars at the same time, and the wrists should not be turned on top of the bars until the final position is reached.

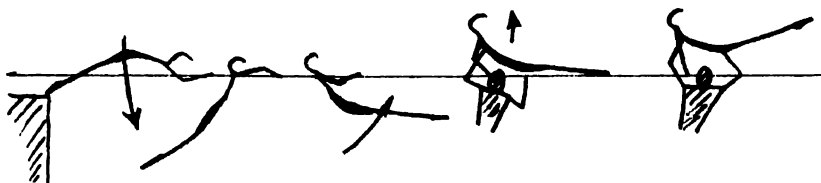
PRACTICE EXERCISES

The 'Back Uprise' exercises for the up-and-down motion of the shoulders, and for the pendulum swing in upper arm-hang, are also a useful preparation for the front uprise.

Do not have a large pendulum swing for the exercise, but concentrate rather on the forward whip-action to lead the upward movement of the shoulders. Exercising the upward motion often causes the beginner to lead the legs upward first. In this exercise concentrate on stopping the feet under the bars and pulling on the bars to lead the shoulders forward and upward.

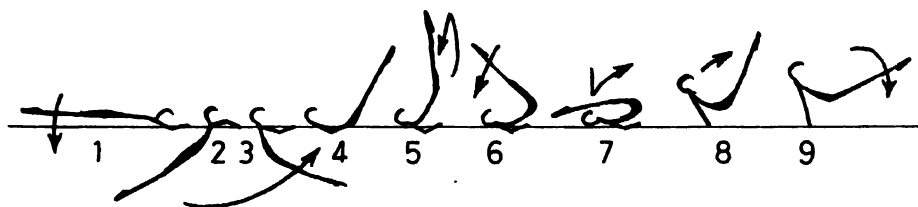


Position the upper arms on the bars and rest the toes on the platform before leading with the hips for the downward swing.



A spotter should give light support on the shoulders when they start to move forward and upward with the pressing of the bars to get into support position. This movement of the shoulders is very important and must be learned correctly. Try and repeat the exercise three or four times without losing balance or rhythm. Concentrate on the forward whip-action and the creating of a wide angle between the arms and upper back at the completion of the upward/forward swing.

Upper Arm Upstart (Kip)



IMPORTANT POINTS

1-3: Use the same action as for the front uprise. 4, 5: Keep the arm support strong, and raise the hips and legs with near-straight hips. 5-7: With the sudden flexion of the hips for the upstart, they must keep above the bars and must not be allowed to relax. During this stage the shoulders will also drop slightly. Using the reaction from the sudden flexing of the hips and the slightly lowered shoulders, begin the upstart action at once at point 7. During this stage the head should be flexed forward, the elbows should be immediately straightened with the arms pushing down on the bars to aid the uprising rotation of the shoulders, and the hips should be extended to such a point that the feet remain higher than the head.

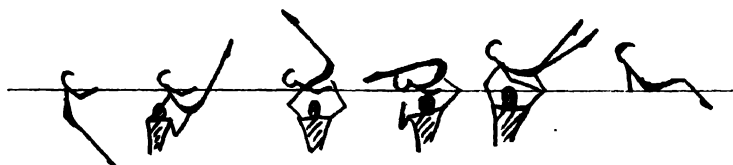
PRACTICE EXERCISES

Lie flat on your back with arms straight and hands by your hips, palms down. Extend your hips to form an upper back-balance on the mat, and from that position perform the upstart, following the important points 5-9.

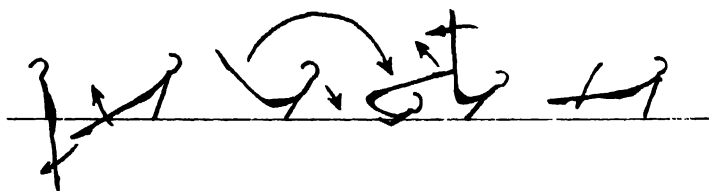


In the beginning, rather than trying to sit in the L-position, repeat the flexion and extension of the hips to acquire the feeling of the correct motion and its direction. If the motion is correct the upper back should lift off the floor without the pressing of the arms. After acquiring the feeling of the hip-flexion and extension, try to adjust the direction of the extension to find the optimum point where the feet can almost

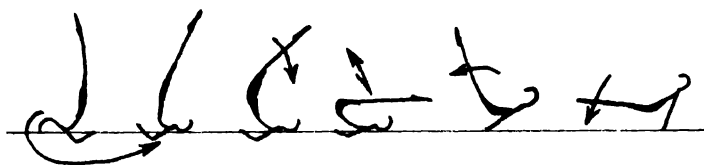
be held and you need raise only the shoulders to form a V-shaped support position. From a small pendulum swing, raise the legs and hips above the bars, but without having the hips fully extended. Then perform the hip-flexion and extension, and immediately after this action press downward on the bars in order to raise the shoulders, before straddling the legs on to the bars. A spotter can help to lift the hips during the upstart action.



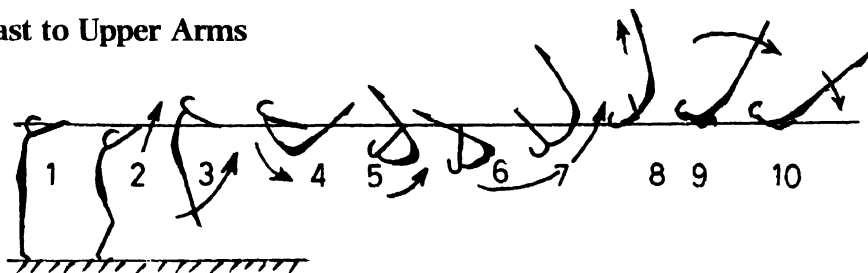
Try the upper arm upstart after lowering into upper arm-hang from a small pendulum swing in support. The main point is to keep the hips well above the bar during the drop backward.



From shoulder-stand on the bars, roll forward while trying to keep the legs and hips in the same position. As soon as the bars are regripped, quickly perform the upstart. The key is to lean the legs backward slightly while the arms are rolling forward into support in order to keep the legs and hips in position for the upstart, instead of allowing the whole body to roll forward.



Cast to Upper Arms

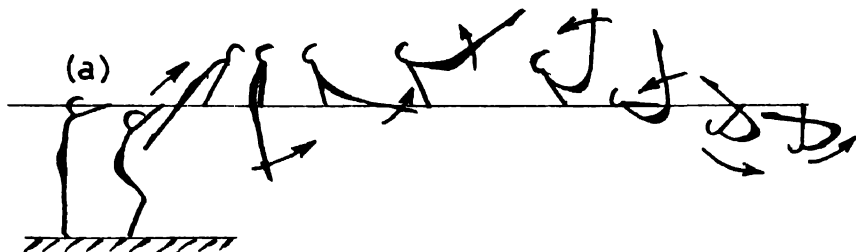


IMPORTANT POINTS

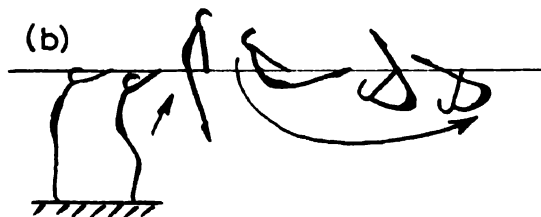
1-3: As soon as you jump up with fully extended arms and with a rounded upper back, the feet should be raised towards the bars very quickly. This is to ensure that the shoulders and upper back are as far from the point of grip as possible in order to

achieve an efficient suspension swing. 4-6: As the shoulders swing forward, quickly form a tight pike with the body, with the upper back reaching away from the point of grip. The upper back should be dropped downward until the shoulders reach the lowest point, and the hips should be kept slightly closer to the point of grip than the lower back. 6-8: With the forward upswing of the shoulders the hips should begin to lead and extend. For the shoulders to travel in the right direction it is important to pull with the arms rather than bending the elbows. Unless 4, 5, 6 are correctly executed, it will be necessary to bend the elbows due to a lack of swing, instead of allowing the swing to carry the shoulders close to the bars before releasing the hands and regripping on upper arms. At 8, extend the hips and spread the arms sideways to support the body on the bars with the upper arms. 9, 10: Regrasp the bars as soon as possible in order to obtain more control of the pendulum swing in upper arm-hang.

N.B. The beginning of the swing, 1-3, can be done in a number of different ways. Here are two:



(a) Create a large forward swing in support before drawing the hips towards the point of grip, and then lean the shoulders backward to begin the rearward swing.



(b) After the jump into momentary support on the bars, draw the feet towards the bars as the rearward swing is begun. In the jump, place the shoulders behind the point of grip so that the position is off-balance ready for the cast.

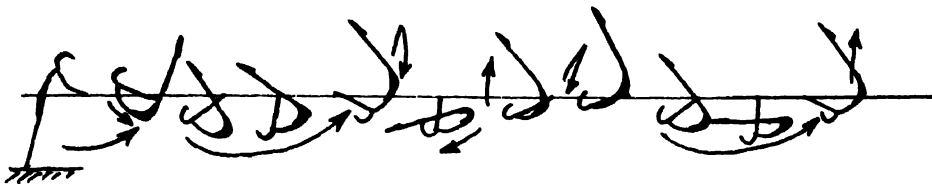
PRACTICE EXERCISES

Jump up on to a low horizontal bar and immediately lean the shoulders backward to begin a half free hip-circle and underswing dismount.

Concentrate on keeping a rounded upper back, and on shoulder speed.



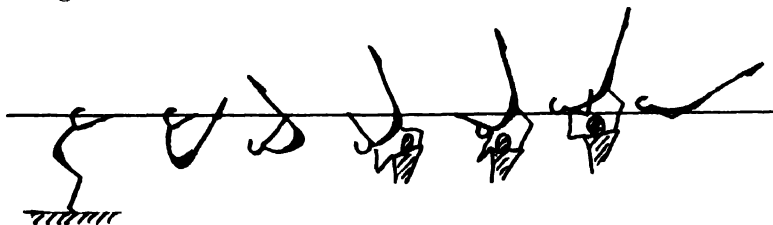
Suspension pendulum swing with a piked body. Co-ordinate the flexion and extension of the chest with that of the hips to obtain the forward and backward momentum of the shoulders. This pendulum swing should move the shoulders towards the level of the bars, if executed correctly. Keep the hips high all the time.



At the beginning, it is very difficult to obtain the right timing for the flexing and extending of the chest and hips, and a spotter should support the performer's shoulders and hips to aid it. You can practise the up-and-down motion of the legs by doing the following exercise on a mat.

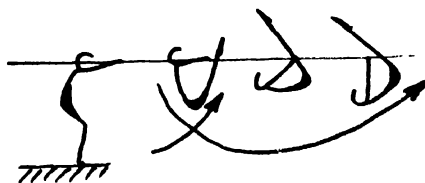


From a semi-squat position in between low parallel bars (slightly above waist height) draw the feet towards the hands, which are gripping the bars in front of the body, with arms completely extended and a rounded upper back, and form a tight piked position before the shoulders reach the line of gravity. Swing the shoulders as far up to the level of the bars as possible, by pulling them backward with extended arms, before releasing the hands and regaining support by placing the upper arms on the bars. A spotter should give light support on the back, which will aid the swing.



There are three methods one can use for beginning the move:

The First Method—after a little hop, immediately draw the feet towards the hands, as practised in the previous exercise. As the move progresses, gradually raise the height of the bars.

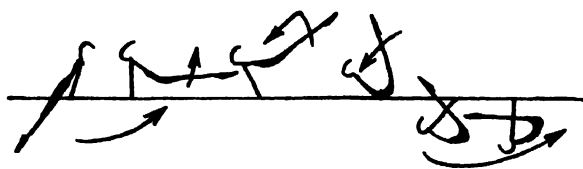


The Second Method—swinging forward in support before beginning the rearward swing. It should be begun with a small pendulum swing in support and without an excessive backward lean of the shoulders. Raise the hips and legs as high as possible before beginning the rearward swing leading with the hips. Gradually increase the size of the pendulum swing in support, bearing in mind the following points:

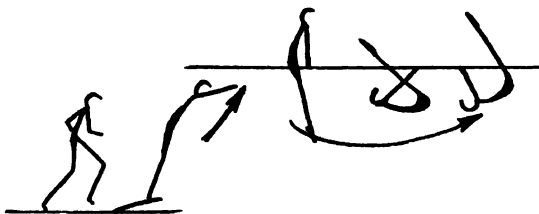
Try to be as straight at the hips as possible during the forward swing.

At the beginning of the rearward swing, slow down the shoulder speed and then lead the swing with the hips.

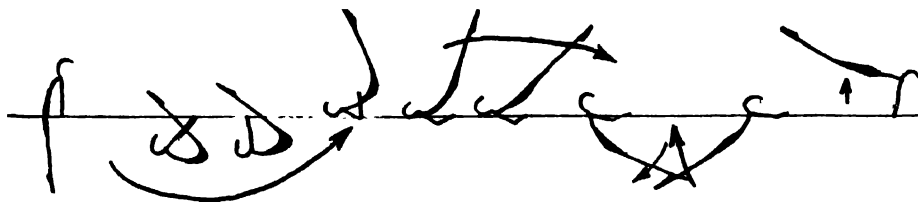
The body must be piked tight early on, and the pike must be co-ordinated with the rearward swing.



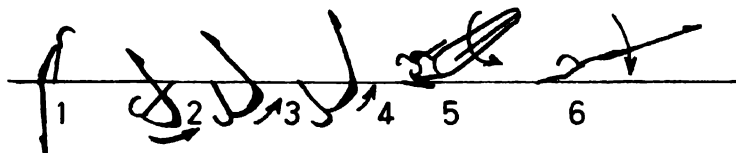
The Third Method—begin the rearward swing immediately after the momentary support. Again raise the bars gradually. You can take two or three steps before jumping off the springboard.



In order to test this move, try and follow it with a back uprise. At the end of the cast you must regrab the bars quickly in order to have a well-controlled backward pendulum swing in upper arm-hang, and in order to execute a correct hip-action co-ordinating with the up-and-down shoulder action which is necessary for a good back uprise.

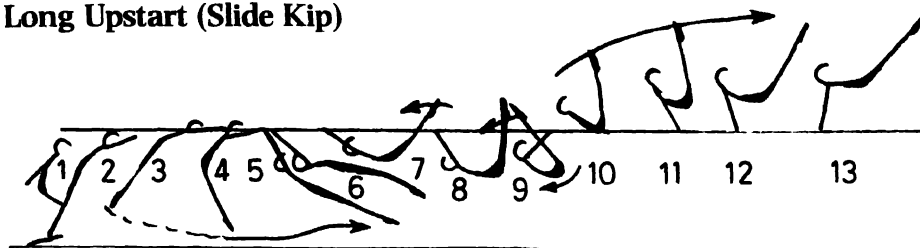


Cast with Half-Turn to Upper Arm-hang (Advanced Move)

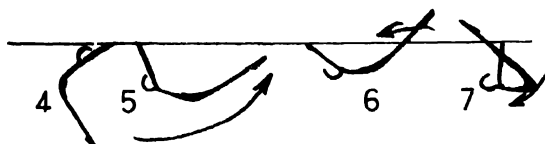


ADVANCED MOVE

Before you try this move, the cast to upper arms must be technically correct, with a large speedy swing of the shoulders. Begin the quick extension of the hips at an earlier stage than the normal cast (point 4). Turn with the extending hips and pull longer on the bars with the arm on the side to which you are turning (point 5). Without extending the body, regrab the bars quickly before the upper arms touch them. Practise the move at the end of the bars facing outward, concentrating on the strong extension of the body after a position of tight pike, on turning quickly leading with the feet, and on pulling longer with the arm on the turning side.

Long Upright (Slide Kip)**IMPORTANT POINTS**

1, 2: Jump off board, reaching forward to grasp the bars with a rounded upper back and slightly flexed hips. As the hands grasp the bars the shoulder-angle between the arms and chest should be around 180 degrees and the head should be kept in between the arms. 3-5: During the glide-phase the hip-angle should open up as the feet move forward just above the ground. 5, 6: To aid the hip-flexion, the hips at this stage should be swiftly hyper-extended and the head dropped back. 7-9: As the body reaches its full forward extension, you must pike tight by bringing the feet to the head and at the same time close the shoulder-angle. 9-11: This is like a stoop through on the horizontal bar, with a pressing downward on the bars without extending the hips and with the head moving forward towards the knees. The hips should pass between the arms and there should be a widening of the angle between the arms and the upper back. 12, 13: As the body moves towards support, the hips should be extended forward and upward to ensure a large pendulum swing out of the move.

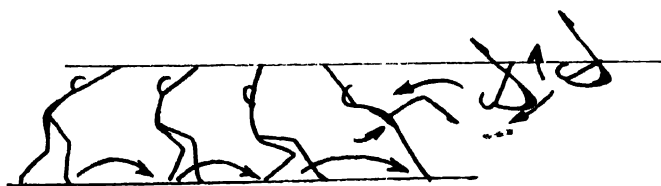


N.B. 4-7: Rather than hyper-extending before piking, you can pike from a slightly dished body position, but this requires greater abdominal strength. However, try both methods before choosing.

PRACTICE EXERCISES

Standing between the bars, reach forward to grasp them ahead of the shoulders, then take two to three quick steps before drawing the legs towards the head, to pike as the shoulders swing back.

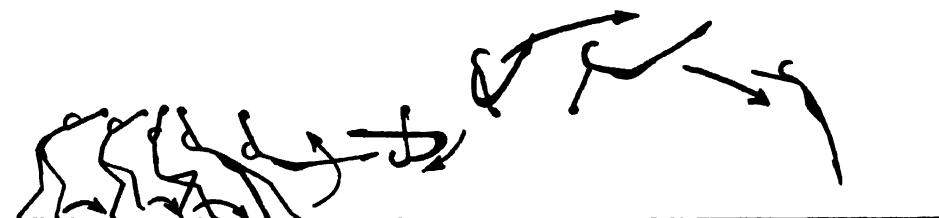
First of all, lift one leg at a time by leading with the knee.



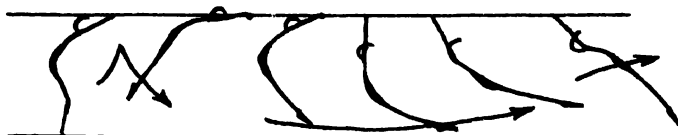
Now lift both legs together with the pike, bringing the feet together quickly off the ground.



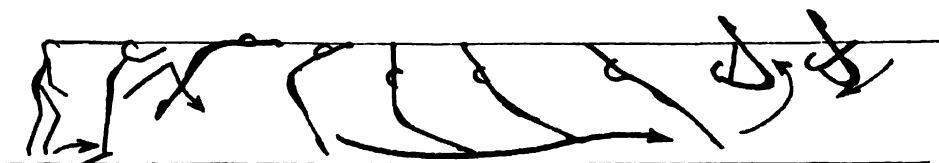
On a low bar, run through with two to three quick steps and pike tightly to stoop through to momentary support above the bar, then extend through the body and arms to land on a crash mat.



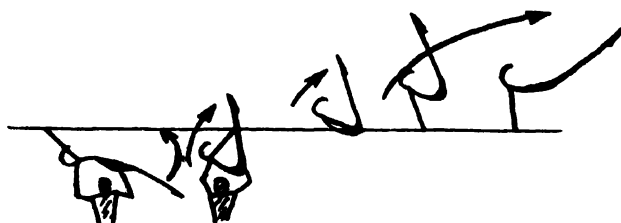
It is essential to learn the glide correctly if you are to learn the move successfully. Grasp the bars slightly in front of the feet and push the hips backward so that the shoulders are completely extended. Jump back and up, lifting the hips before gliding and extending forward with the feet just off the ground. Try to swing back and forth several times in the correct position, maintaining a complete extension of the shoulders and controlling the height of the feet by means of the hip-angle.



Execute the same glide by running 2-3 steps and taking off from a springboard, reaching forward with the hands and jumping the hips upward on take-off. When the body is fully extended quickly draw the feet to the hands.



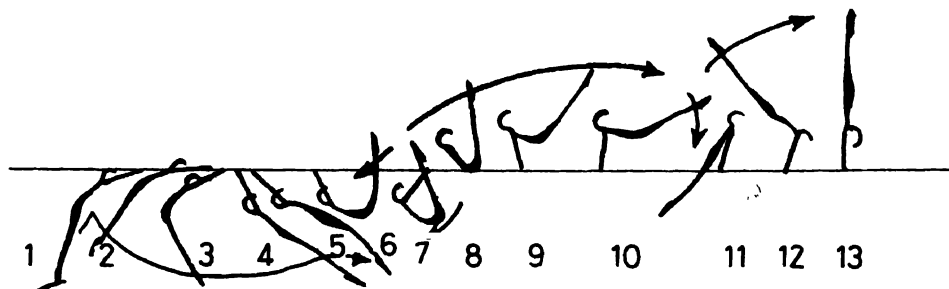
N.B. If you are concentrating on the other type of glide without hyper-extension before piking, you must think all the time of lifting the legs to the head at the end of the glide.



When you first do the full move, a spotter can assist the pike by supporting the upper back. You must press down on the bars during the backward upswing, holding in the pike until you are well above the bars. Then you can extend up and out.

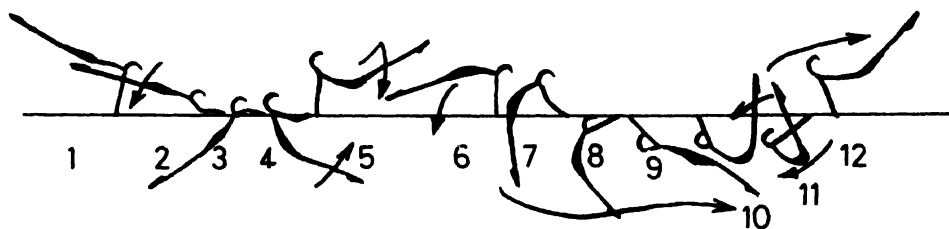
RELATED COMBINATIONS

Long Upstart to Swing to Handstand



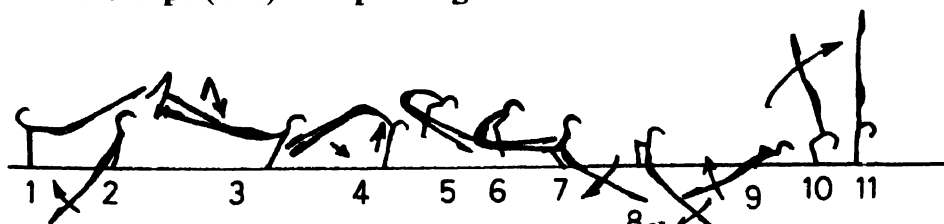
If the long upstart has been correctly learned this combination should present no problem. Concentrate on holding in the pike until close to support position and then extend the hips up and out for the backward swing to handstand.

Front Uprise to Long Upstart



The main problem is the transition from support to hang at points 6–8. You must adjust the shoulder angle between the chest and arms so that the move through the bars is controlled and the hips are far enough back to get a good glide into the upstart. At first, practise by lowering from a small pendulum swing in support.

Straddle-clips (Cut) Pump-swing to Handstand



IMPORTANT POINTS

1–3: To initiate the swing into straddle-clips, perform a quick whip-action of the hips, and do not let the backward swing travel above head height. 3–5: React to the whip-action by piking and pushing off the bars at the same time, pushing

the shoulders up and back and driving the feet forward off the shoulders. 8-11: Drop the shoulders and bend the elbows deeper to lead the backward pendulum swing, then utilize the reaction of the deep elbow-bend to extend the arms together with the upward pendulum swing to handstand.

PRACTICE EXERCISES

In front support position on a mat, quickly drop and lift the hips and, as soon as the hips begin to lift from a rounded upper back, push off the mat, piking the body and straddling the legs around, moving the feet fast to sit in 'L' position. Aim to get the timing of the whip-action of the hips together with the push off the floor.



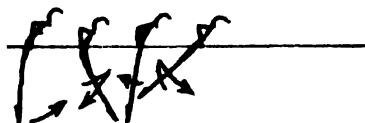
Try the same exercise from the floor on to three sections of a box.



Do the straddle-clips on the bars, concentrating on the quick hip-action driving the feet forward fast and pushing strongly off the bars, driving the shoulders backward and lifting the upper back. The feet must continue the move forward and slightly upward.



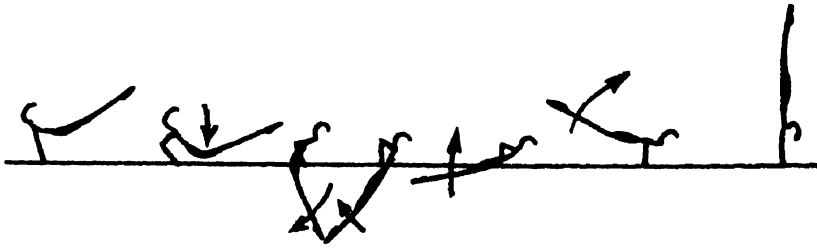
Swing lightly with the arms flexed, and at the highest point of the swing straighten the arms slightly to aid the upward movement of the body.



Now do the pump-swing to handstand, concentrating on the shoulder position slightly forward of the hands at the beginning of the arm-flexion, and the hip extension during the upward swing. Increase the speed of the swing with the flexion and extension of the arms, smoothly in time with the swing of the body. Try several pump-swings to handstand in a row.



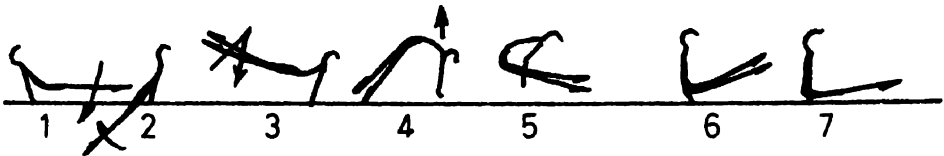
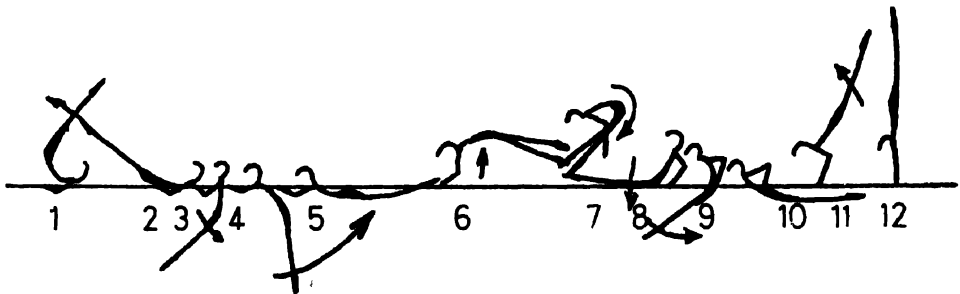
Now put the moves together, concentrating on the quick regrasp of the bars with the feet slightly higher than the hips after the clips.



RELATED COMBINATIONS

Straddle-clips (Cut) to Half-lever

Regrasp the bars as quickly as possible with the hands slightly behind the hips, at the same time as clipping the legs round fast and stopping them in half-lever.

**Back Up-rise to Straddle-clips to Pump-swing to Handstand**

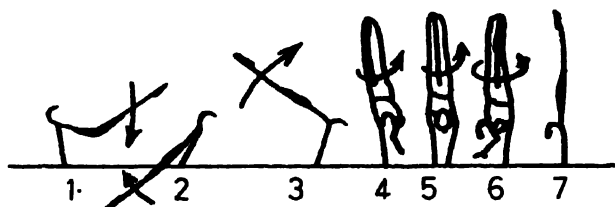
IMPORTANT POINTS

1-5: Concentrate on a good whip-action of the hips which is essential for the straddle-clips. 5-7: As soon as the body clears the bars, push it backward and upward, at the same time lifting the hips to begin the straddle-clips action. 7, 8: Concentrate on driving the feet forward and upward and regripping the bars quickly ready for the pump-swing to handstand. 8-12: As in the pump-swing to handstand exercise.

PRACTICE EXERCISE

Perform a back up-rise, sit on the bars with straddled legs, and immediately regrip behind legs. Gradually regrip the bars more quickly until you can regrip before the legs touch the bars.

Forward Pirouette (Handstand Pivot)



IMPORTANT POINTS

1-3: As the swing reaches point 3, the body should be tightened with the upper back leading towards handstand. 4, 5: Do not begin the pirouette until the body approaches handstand, then straighten at the hips, place the body-weight over the shoulder around which you are turning, leaning that shoulder into the turn. Keep the head against the shoulder and complete the first quarter-turn. 5-7: Immediately the first hand regrips the bar, transfer the weight over it and push off the second arm to lead the second quarter-turn. Do the pirouette into a momentary handstand before starting the next move.

PRACTICE EXERCISES

Near the top of the backswing, momentarily release the hand you would first release when doing a pirouette. Gradually increase the size of the swing and the amount of time in support on the one arm.

Using imaginary bars drawn on the floor, kick up to handstand with quarter-turn concentrating on the head- and shoulder-lean.

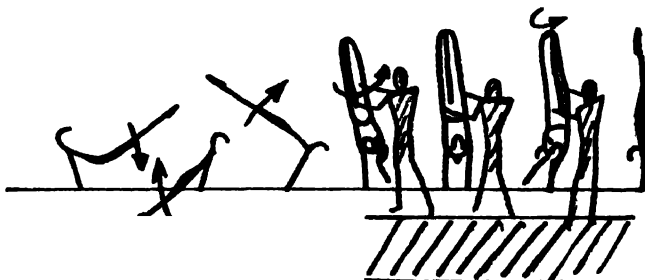
The handstand position should be reached as the quarter-turn is completed.



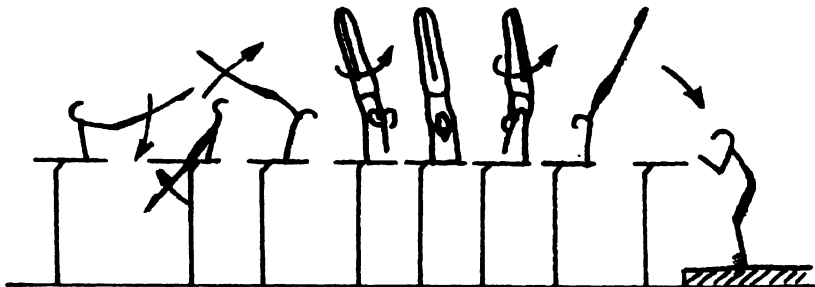
Now do the full half-turn to a held handstand with both hands firmly placed on the imaginary bars.

Try the same thing on mini parallel bars.

On low parallel bars, swing up to handstand with quarter-turn towards a spotter standing on a box-top, and complete the second quarter-turn with the spotter holding legs. The spotter should gradually reduce the amount of support.

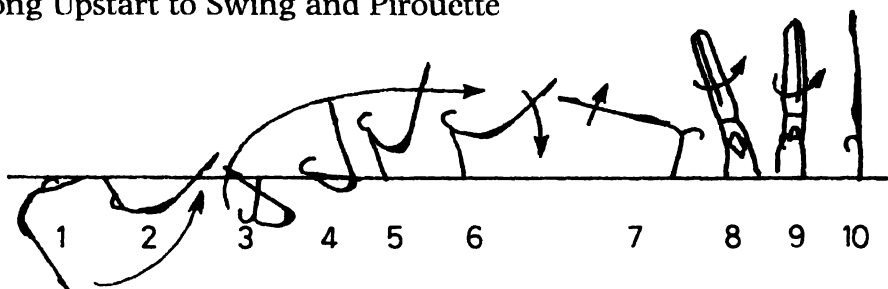


Swinging at the end of the bars facing outward, perform the pirouette and then jump down on to a crash mat. At first, hold the handstand before doing a pirouette, then decrease the time in handstand before starting the turn, and also gradually increase the control in support after completing the pirouette until finally you can hold the handstand.



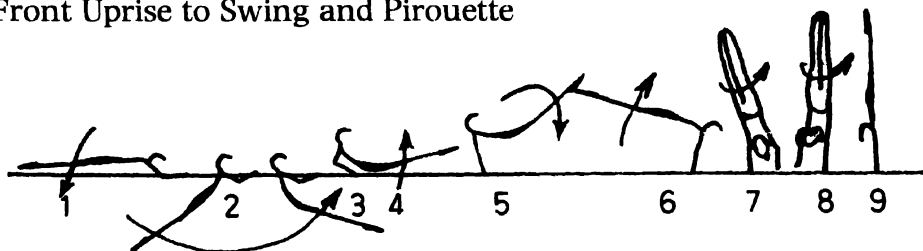
RELATED COMBINATIONS

Long Upstart to Swing and Pirouette



Review the long upstart and, when you move from the upstart into the swing backward, concentrate on pulling the shoulders forward as you extend the hips.

Front Uprise to Swing and Pirouette

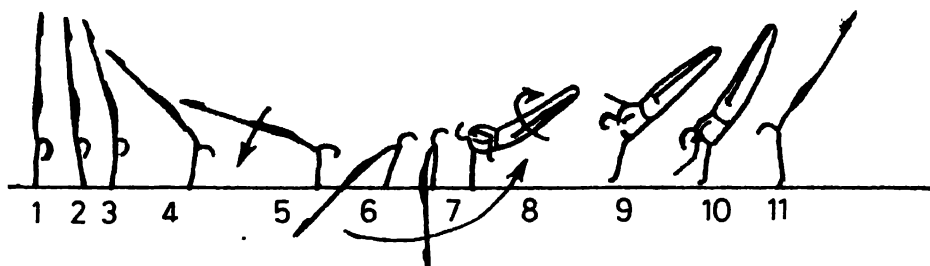


Review the front uprise and make sure you have mastered it in order to get a large pendulum swing backward to handstand.

Stutzkehre (Swinging Half-turn)

IMPORTANT POINTS

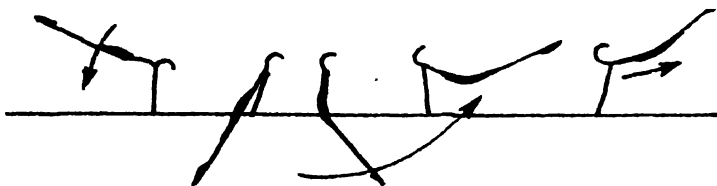
1-4: Lead the downward swing from handstand with the feet, and with a rounded upper back and minimal lean-forward of the shoulders. 5-7: Retain the rounded upper back, do not relax the shoulders, and accelerate the forward swing by



swinging the feet through harder. 8-11: As the hips reach the horizontal, start the turn, leading with the feet, keeping the hips slightly flexed and with no lean-back of the supporting shoulder. As the turn continues and the angle between supporting arm and chest widens, extend the hips and regasp the bars quickly. By this time the body should be straight to catch in handstand.

PRACTICE EXERCISES

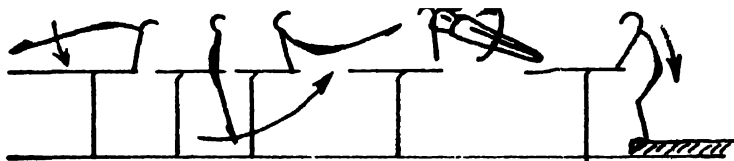
Swing down in support from about 30 degrees, scooping down through the bars with the feet leading and an increasing dish in the body. Accelerate the feet as you swing up the front, without leaning the shoulders backward.



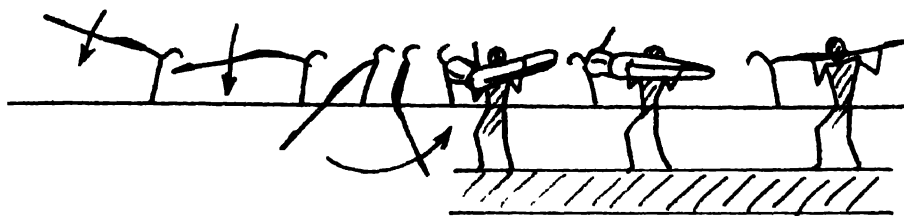
Place your feet on a crash mat in back support position with your hips slightly flexed. Push off one arm and extend the hips with quarter-turn, then widen the angle between supporting arm and chest and push off the supporting arm into the second half-turn to front support. Make the second quarter-turn as fast as possible.



With the bars low, swing at the end of the bars and, at the front of the swing, push off the two bars almost at the same time and make a half-turn before landing on a crash mat. Concentrate on a quick turn, extending the hips and pushing off straight arms.

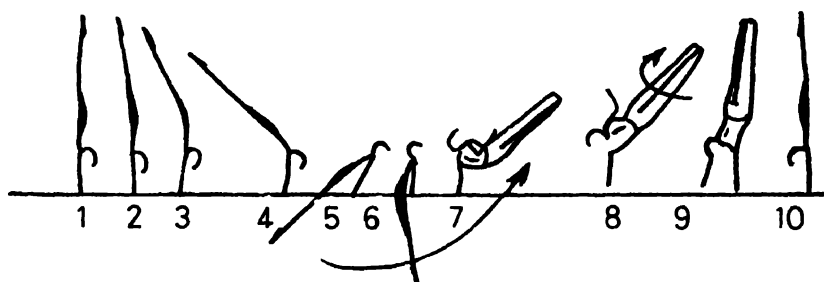


From a reasonable swing, perform the move with a spotter to support the legs as you turn. Concentrate on the feet leading and the slight flexion of the hips on the forward upswing before pushing off the bars into the turn.

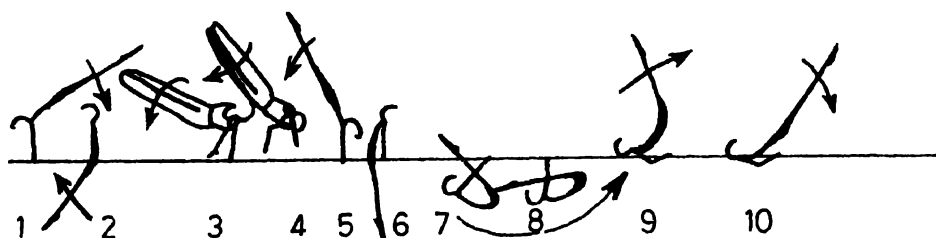


Now perform the move on your own, with mats over the bars, and gradually increase the size of the swing towards handstand. Bear in mind that on the forward downswing you must lead the feet and with a minimal lean-forward of the shoulders.

Stutzkehre from Handstand to Handstand



This is the full move, which requires more speed in the *swing* and a longer grasping of the bar with the support arm. To get this swing, lead hard with the feet during points 5-7 and, during points 7, 8, push off hard and keep the body tight. As soon as you regrasp the bars, extend through the shoulders and strike a straight handstand.



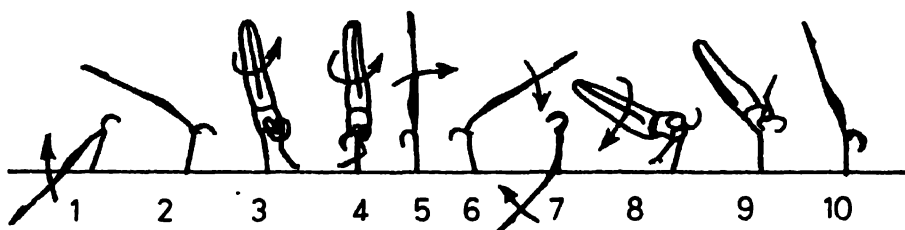
RELATED COMBINATIONS

Stutzkehre to Cast to Upper Arms

...

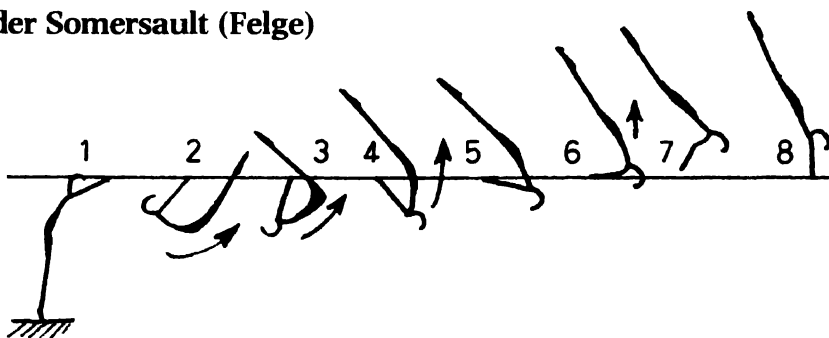
You must perform the stutzkehre correctly in order to attain the right body position for the beginning of the swing down for the cast. Review the section on the cast.

Pirouette to Stutzkehre



You must be able to perform the stutzkehre from handstand and then there should be no problem with this combination. Perform it rhythmically without any stop, and try to precede the pirouette with a long upstart or front uprise.

Under Somersault (Felge)

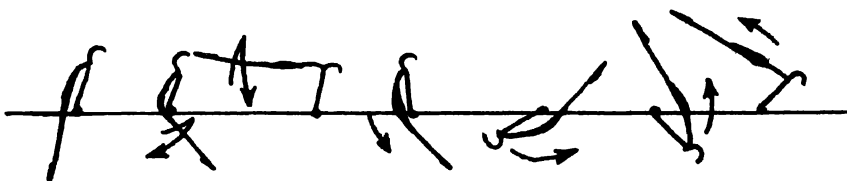


IMPORTANT POINTS

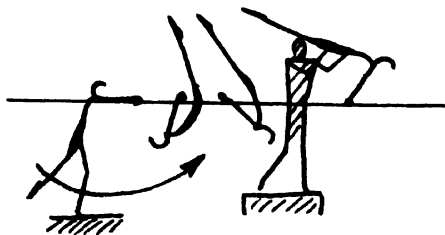
1-3: In order for the shoulders to move with speed, after a light hop bring the feet to the hands fast, keeping the upper back rounded and extending the head back.
 3-6: Now accelerate the speed of the feet by extending the head farther back and lifting the hips upward through the bars. As the hips extend, the upper back must remain rounded and the shoulder-angle between arms and chest must be widened. Keep pulling on the bars and widen the shoulder-angle with straight arms. 7, 8: Quickly regasp the bars, ideally with arms straight.

PRACTICE EXERCISES

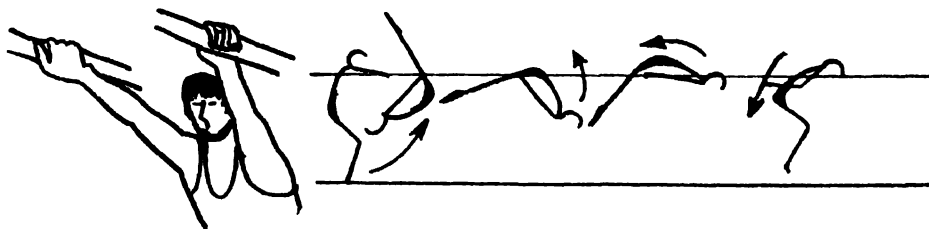
You should be able to execute a free hip-circle on the low bar. If the shoulders rotate too slowly, or the hips are too piked, it will be impossible to open the shoulder-angle, which is an essential part of the under somersault.



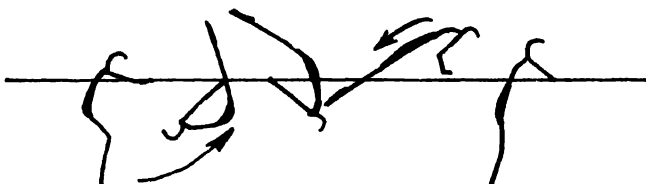
Now start from standing on the mat and swing one leg up into the take-off. If you need a spotter for these exercises you are NOT ready for the under somersault.



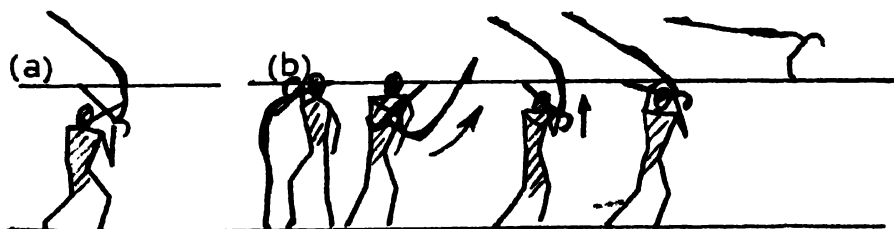
On low parallel bars, learn how to rotate backward, grasping the bars on the inside. As you rotate, practise pulling on the bars with straight arms to lift the body up through the bars.



On low parallel bars, gradually increase the speed of rotation and the pull on the bars and add the extension of the hips. Remember: bring the feet quickly towards the bars keeping the hips well behind the point of grip, extend the head backward, the extension of the hips must be as quick as in the free hip-circle on low bar. Speed up the process of release and regrasp and try to regrasp before landing.



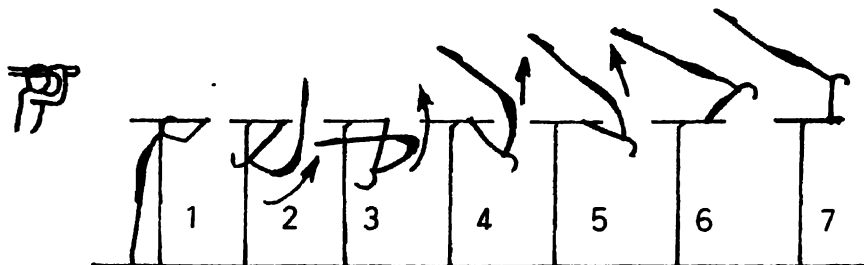
(a) Using a spotter, try the move on normal height bars, starting with the hips slightly behind the feet and the point of grip. Concentrate on the speed of the shoulders and the extension of the hips to end in upper arm support on the bars.



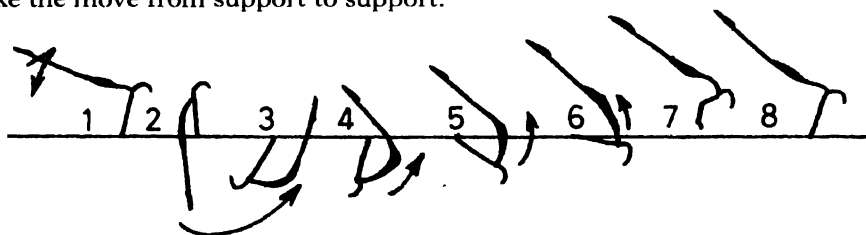
(b) Now take the move to support, emphasizing the rounded upper back, the straight-arm pull on the bars, and the swift movement of the feet.

Try and do the move from a two-footed take-off rather than by swinging initially with one leg.

Try the move at the end of the bars, gripping the bars from the outside. The move from this starting position has the advantage that you only need to turn the wrists over to the top of the bars without actually releasing and regrasping.



Take the move from support to support.



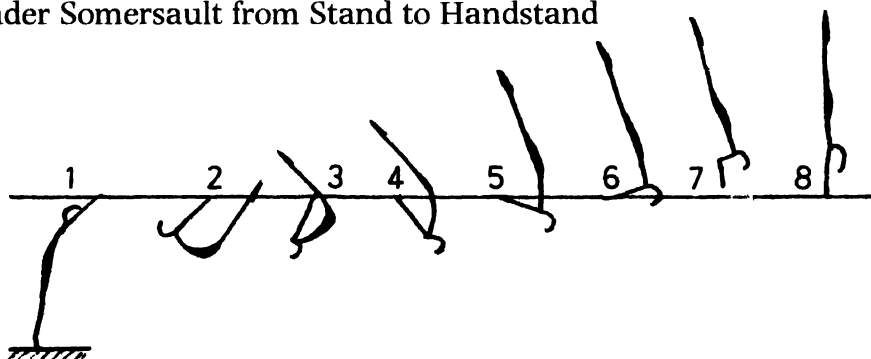
Review the instruction on the 'Cast to Upper Arms'. The key point here is the drop from support into the move.

Stand in between the bars and jump lightly towards support before swinging into the under somersault. As the drop begins, keep the back rounded and lift the hips above the shoulders before the shoulders reach their lowest point.

You must not hollow the chest, but during the period of the pull the upper back must remain rounded. Also, do not delay the hip extension as otherwise you will over-rotate the move; and concentrate on a straight-arm pull.

RELATED ADVANCED MOVES AND COMBINATIONS

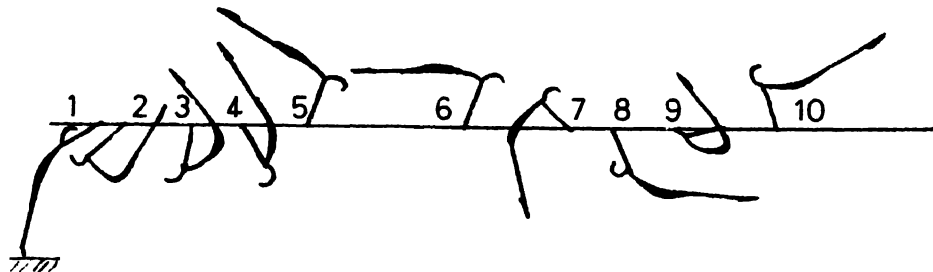
Under Somersault from Stand to Handstand



Speed up the movement of the shoulders and extend the hips earlier to direct the feet towards handstand. Also, pull longer with the arms and when you regasp

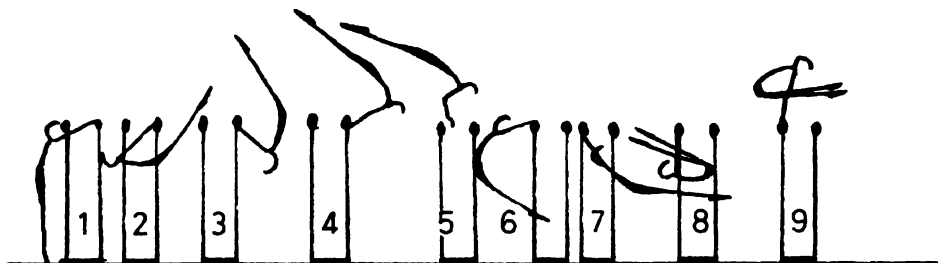
extend the arms immediately. Keep the upper back rounded until you are in handstand. Also, try the move from support, using a spotter to take the legs as they extend upward through the bars.

Under Somersault to Long Upstart



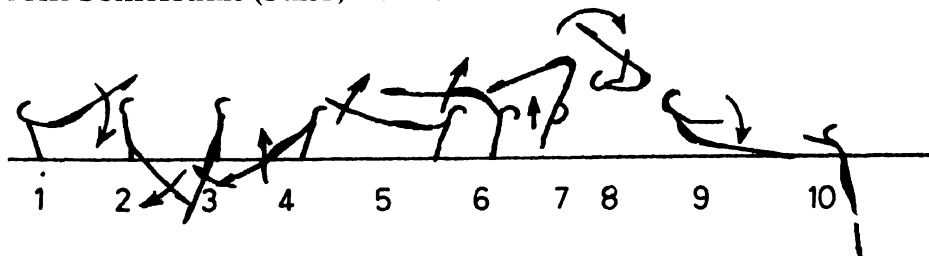
Concentrate on the correct support position for the long upstart after the under somersault.

Under Somersault on one Bar to Hop to Long Upstart to Straddle Half-lever



You can practise the under somersault on a low bar without a pre-jump. Concentrate on the correct rearward/downward swing for the long upstart. It is best to lift out of the straddle half-lever to handstand.

Front Somersault (Salto) Dismount



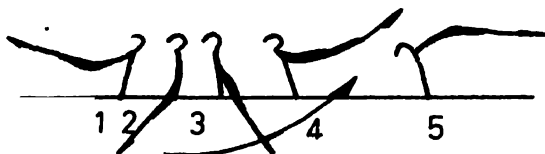
IMPORTANT POINTS

1, 2: On the forward downswing, lead with the hips slightly flexed. 2-5: Without dropping the body between the shoulders, react with a heel-kick to extend the body and add speed to the swing. 5, 6: Keep the heels leading until the body is horizontal before reacting with hips leading into the pike. 6-8: As you push off

the bars quickly fold the pike. 9, 10: Now extend the body and lift the arms sideways for the landing.

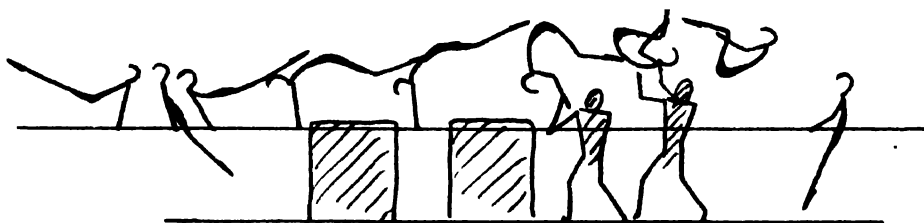
PRACTICE EXERCISES

Practise just the pendulum swing, concentrating on the hip-heel-hip reactions. Allow the heels to lead until the body reaches the horizontal before piking for the somersault.

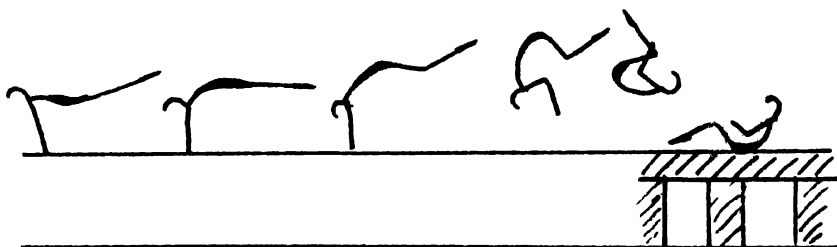


Continue to practise this swing until you can feel the lift off the bars at the top of the swing. Gradually swing up higher until the shoulder-angle between the chest and arms is close to 18 degrees, without letting go of the bars. As you pike, the head comes forward between the arms.

On low parallel bars, with the dismounting bar covered with a mat, perform a tucked front somersault with the aid of a spotter, who should grasp the dismounting arm making sure the somersault comes out of the bars. Lean slightly towards the bar over which you are to dismount, and remember to widen the shoulder-angle.



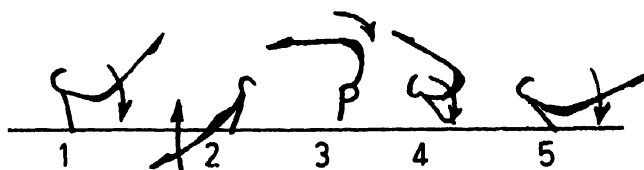
Build up a platform with a crash mat on top, level with the bars, and perform a front somersault to land sitting on the crash mat. A spotter can stand on the far side to make sure the somersault goes out of the bars. Continue to work the move this way until you are sure of coming out of the bars.



Now do the move piked, to land on the crash mat. Do not lean the shoulders forward too much and do not pike too early. Make sure you come out square and, when piking, take the upper body towards the legs.

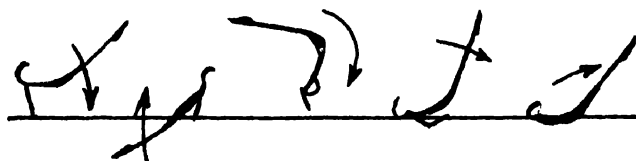
RELATED ADVANCED MOVES AND COMBINATIONS

Front Somersault to Support

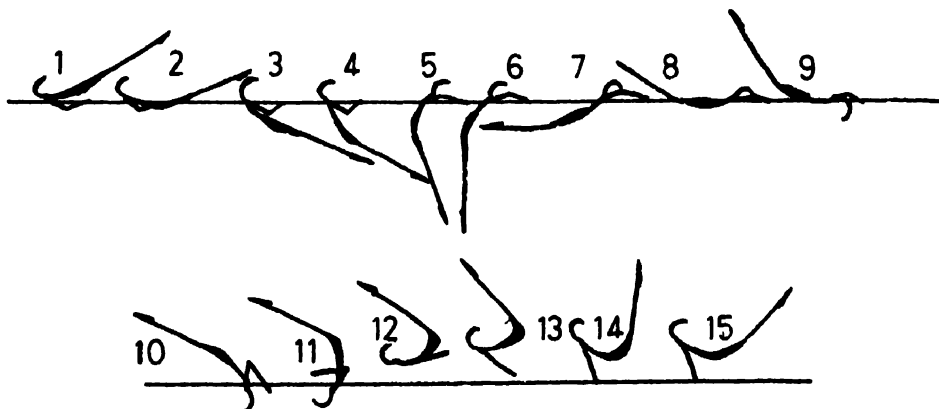


Rather than concentrating on height off the bars, keep the somersault lower than for the dismount and concentrate instead on a quicker arm-action in order to regasp the bars before the hips drop below shoulder-level. At first, try it on low parallel bars with mats over them, and land in between the bars, regrasping them quickly. Then speed up the arm-action, trying to regasp before landing. Land with the head slightly earlier than in the dismount.

You can try the move to land in upper arm-hang, but make sure the hips are above the bars when you regasp.

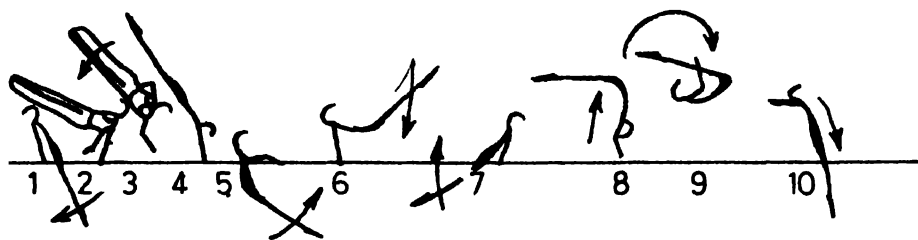


Back Uprise to Front Somersault



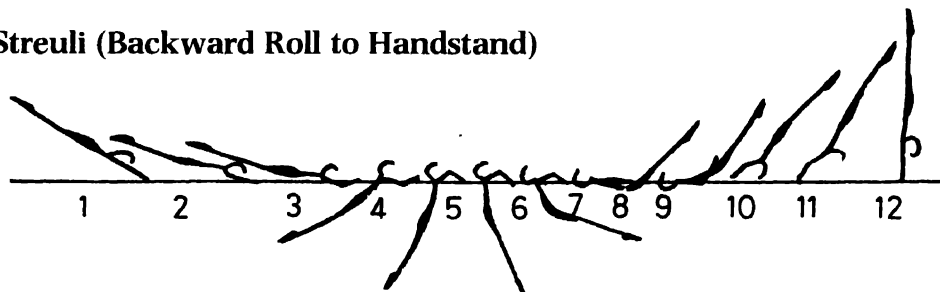
A good whip-action is the most important factor for height and good rotation in the somersault. As the heels swing up hard through the bars, you must lead into the somersault with the head, but the exact timing of the head-flexion must be adjusted to bring the best result for height and rotation. The arm-action must be very quick.

Stutzkehre to Front Uprise to Front Somersault Dismount



First of all, work for height at the top of the front uprise and then connect it with the front somersault. You must not lean the shoulders backward at the top of the front uprise, and the hips should be slightly flexed at this position in order to initiate extension later in the swing. For the stutzkehre into front uprise, it is important to regrasp securely in the stutzkehre and then lead back and down with the shoulders with upper arm-hang ready for the swing into the uprise.

Streuli (Backward Roll to Handstand)

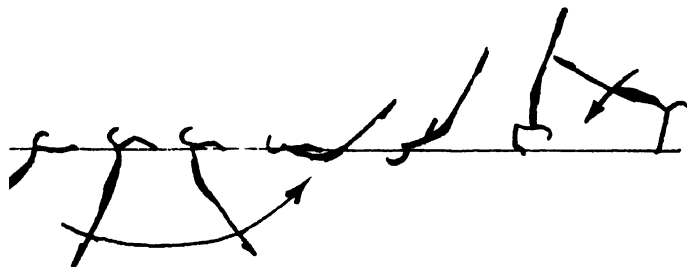


IMPORTANT POINTS

1 : Keep the body straight with a slightly rounded back and lean the shoulders back with the downward swing. 2-4: Lead with the upper arm support, the body still extended. 5-7: Extend the head back and drop the shoulders and kick hard with feet causing flexion at the hips. 8-10: As the body swings up through the bars, extend it particularly with the chest and with the shoulders lifting in reaction to their drop. 10-12: Lead with the chest and shoulders in order to regrasp the bars before coming to handstand.

PRACTICE EXERCISES

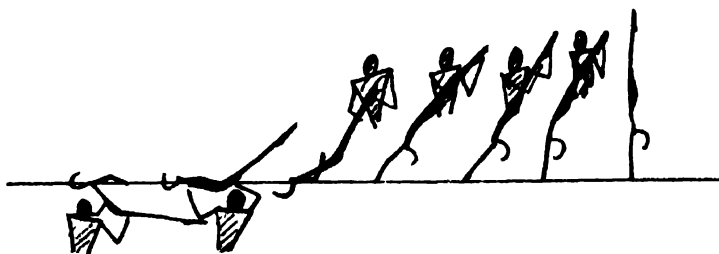
Do the backward roll to support, concentrating on the shoulder-drop and the fast kick of the feet. Do not release the bars too early and, when you regrasp, extend in the shoulders. At first, have a spotter to assist the speed of the lift through the bars.



From sitting on a mat, do a backward roll to handstand with a spotter taking the feet. Place the hands slightly farther back than in the normal backward roll.

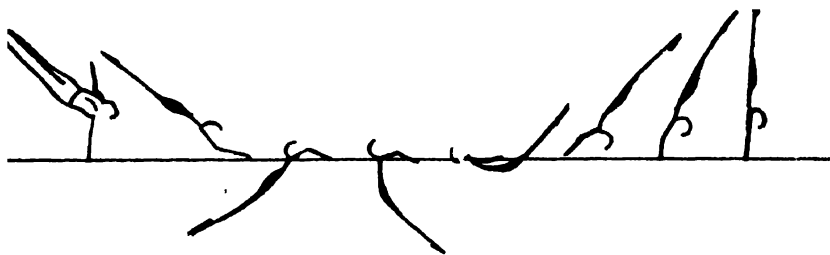


Now do the full move on the parallel bars, with assistance from a spotter. Common mistakes are lack of rotational speed and shoulder-lift, so concentrate on these two points, as well as the fast regrasp of the bars and chest-extension to attain handstand. Also, the correct body action of extension-flexion-extension is essential.



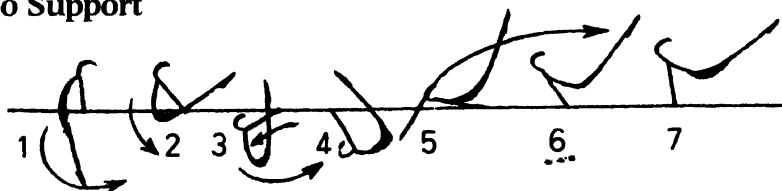
A RELATED COMBINATION

Stutzkehre to Streuli



After the stutzkehre you must be in momentary support with a straight body before you commence the streuli by leading down with the chest to upper arm support.

Cast to Support

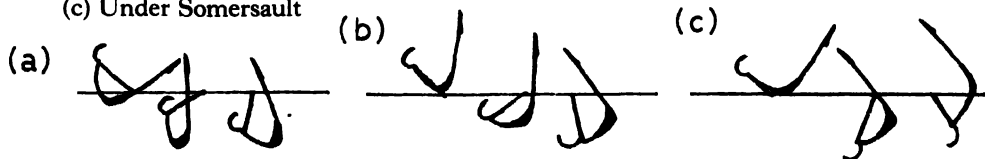


IMPORTANT POINTS

1-3: You can commence this move either from stand or from support with early drop, or support with late drop. At point 3 you should be tightly piked with a

rounded upper back. This part is very different from the start of the cast to upper arms and the under somersault, with the hips dropping lower, namely:

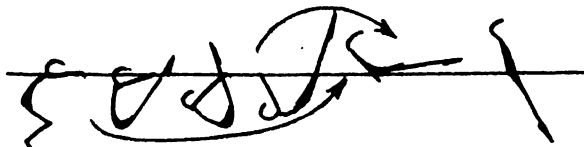
- (a) Cast to Support
- (b) Cast to Upper Arms
- (c) Under Somersault



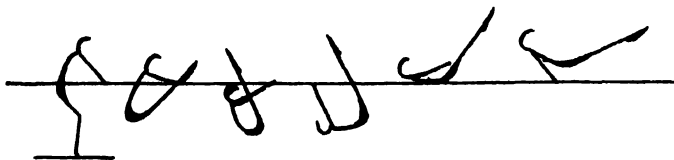
4, 5: Using the reaction of the tight pike and the fast movement of the shoulders, extend the whole body forward and upward at about 45 degrees, maintaining a semi-pike at the top of the extension. 5-7: Regrasp the bars quickly with slightly flexed hips and the hips in front of the hands.

PRACTICE EXERCISES

On low parallel bars, start from a squat position with the hips behind the shoulders. Quickly bring the feet to the hands, pull hard on the bars and extend the hips forward and up through the bars at 45 degrees. Release to land between the bars, then quickly regrasp. Continue until you can feel the lift from the swing and the pull on the bars.

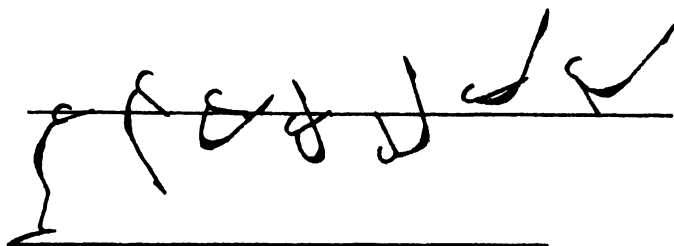


Do the same exercise but start from a higher position and regrasp quickly in support. Concentrate on moving the feet fast towards the hands, and with the hips behind the hands forming a tight pike.



Once you can get to support in the first exercise, do the move on normal height bars. Concentrate on hips well behind grip at points 2, 3, and with rounded upper back. At first, have a spotter for points 5, 6. Make sure to keep the hips well away from the point of grip.

You can now try the move either from below the bars or from support.



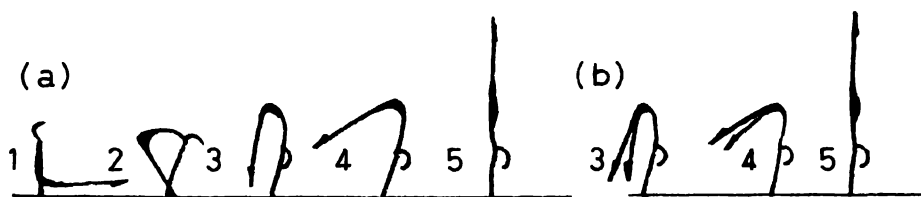
A RELATED COMBINATION

Cast to Support to Pirouette

It is important to keep the hips flexed and press the shoulders forward as you regrasp in order to get sufficient speed for the rearward swing into the pirouette.



Press to Handstand (Straight Arms, Bent Body)

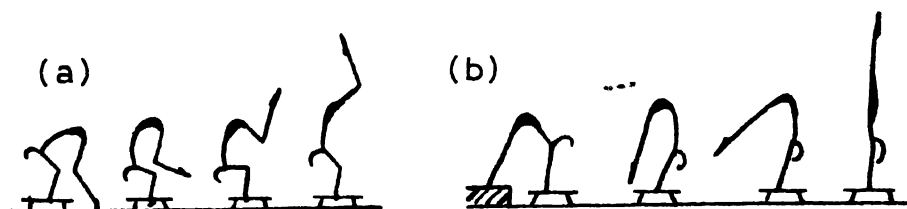


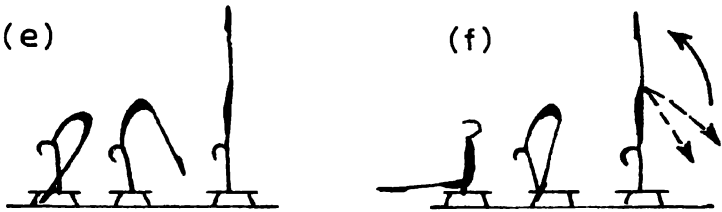
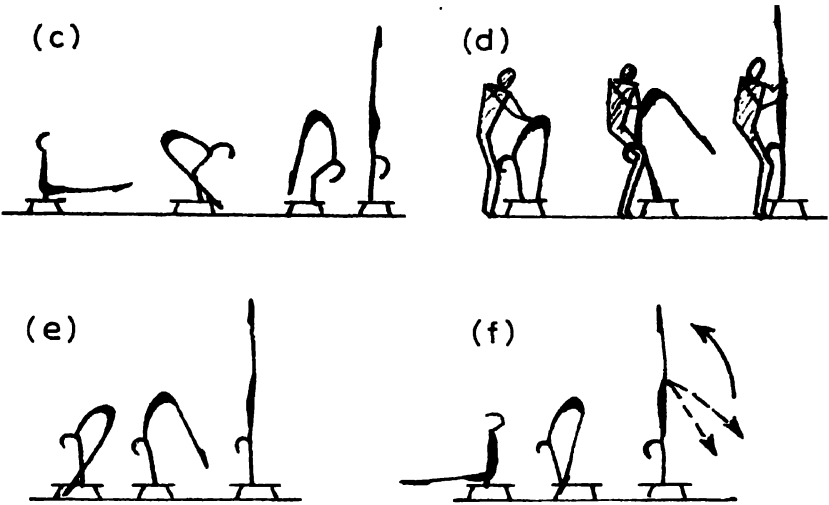
IMPORTANT POINTS

1 : The half-lever must be correct, with chest slightly extended, legs parallel to the bars, shoulders down and head high. 2, 3 : Lean the shoulders slightly forward, and lead with a rounded upper back to lift the hips above the shoulders, sucking in the stomach. Keep the feet close to the hands. 4, 5 : When the hips are nearly above the shoulders, lean the shoulders slightly forward and without hesitation, lift the legs, having first pushed the shoulders back over the hands. If you wish to straddle-press, begin the straddle at point 3.

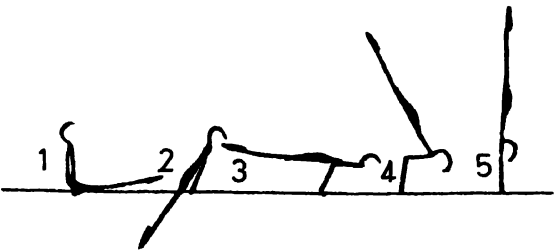
PRACTICE EXERCISES

Using handstand bars, get in lots of practice on the following exercises, particularly during your warm-up or conditioning periods:



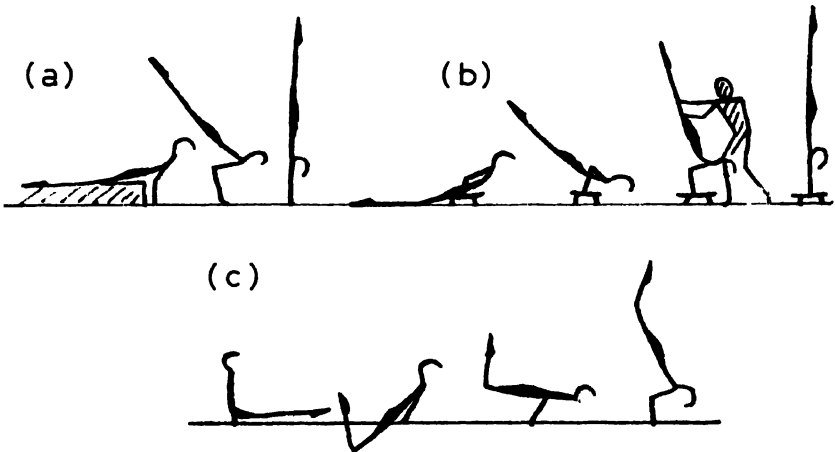


Press to Handstand (Bent Arms, Straight Body)

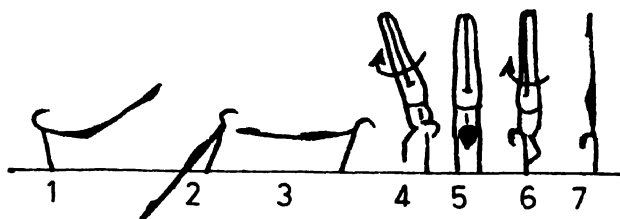


PRACTICE EXERCISES

As with the bent-body press, practise the following exercises regularly:



Back Pirouette (Handstand Pivot Backward)



IMPORTANT POINTS

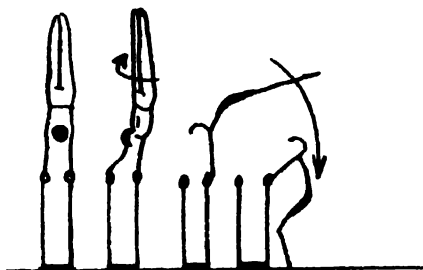
1-4: As the swing reaches point 3, without flexion of the hips, look in the direction of the pivot, leading the shoulder of the first quarter-turn backward. During the first quarter-turn the supporting shoulder must be extended. 5-7: Move straight into the second quarter-turn, leading with the non-supporting shoulder. When the turn is completed, lock out the handstand.

PRACTICE EXERCISES

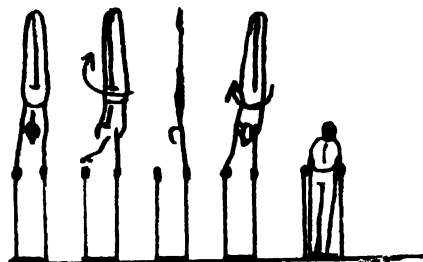
Draw two imaginary parallel bars on the floor and practise the move, at first with the help of a spotter. Concentrate on the correct technique for the pirouette, particularly for the first quarter-turn.

Now try the turn on handstand bars.

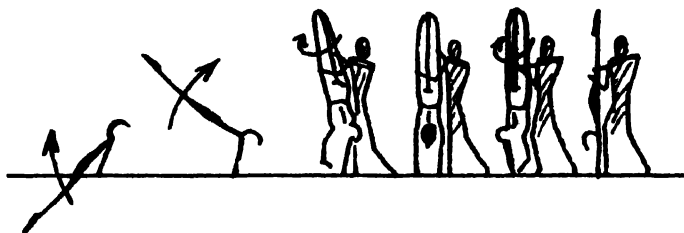
On low parallel bars, concentrate on the first quarter-turn. At first, try just to turn on to one bar by leading with the turning shoulder, and then jump off. Then try to hold the handstand before jumping off.



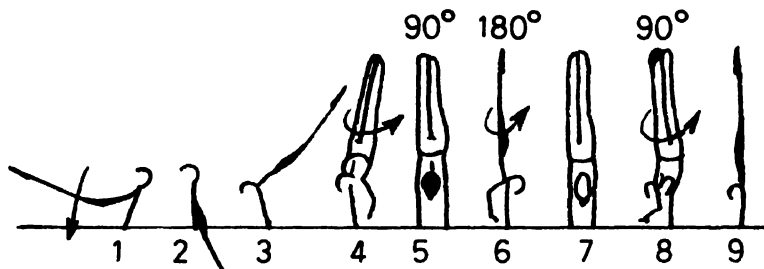
At the end of low parallel bars, try this exercise again, and then add the second quarter-turn before jumping off. Concentrate on turning quickly.



With the help of a spotter, do the move in the middle of the bars from a swing. Gradually increase the speed of the swing towards handstand and then turn quickly. With practice, you will find the correct moment to turn so that the body remains within the line of the bars.

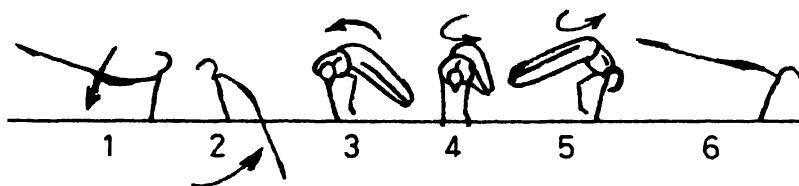


360-degree Back Pirouette



Practise the move on the floor and the handstand bars first. Then take it on to low parallel bars with a spotter. Concentrate on keeping a straight handstand and on turning without a stop. Before you put it in an exercise, it must be totally secure.

Czechkehre



IMPORTANT POINTS

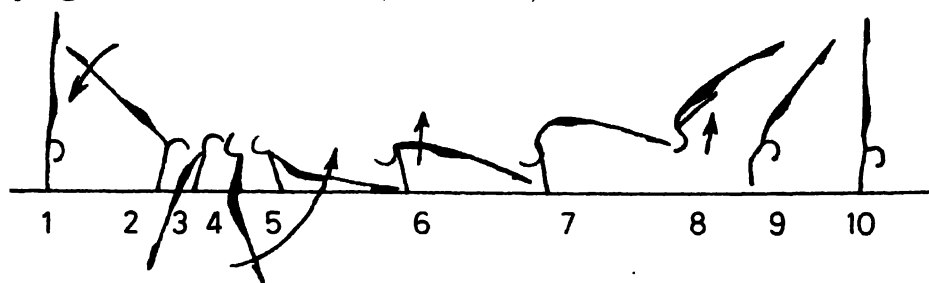
1, 2: At point 2 start to lead the upward swing with your hips and a rounded upper back. At the same time begin to lead the turning shoulder into the turn. 3–5: Keep the upper back rounded and lead the first quarter-turn with the shoulders. For the second quarter-turn get the legs swinging into momentary support on one bar and lead with the feet into the second quarter-turn. Do not lift the hips too high. 5, 6: As soon as you regrasp the bars, extend the hips for the downward swing.

PRACTICE EXERCISES

Build a platform with a covering of mats at the side of one bar so that you can practise the move in safety. Now concentrate on the lead from the shoulders in order to increase the turn.

Practise the move on the pommel horse—if you can do it on pommel horse you can do it on the parallel bars. Keep the feet at about shoulder-height when making the turn, without exaggerating the lift of the hips.

Flying Back to Handstand (Back Toss)

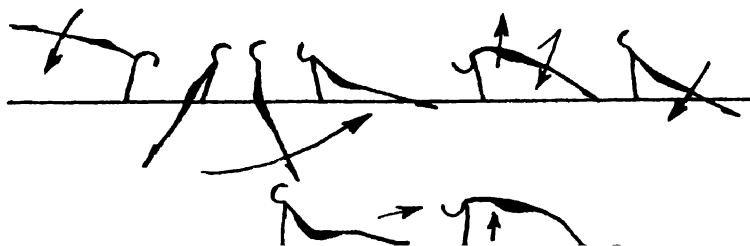


IMPORTANT POINTS

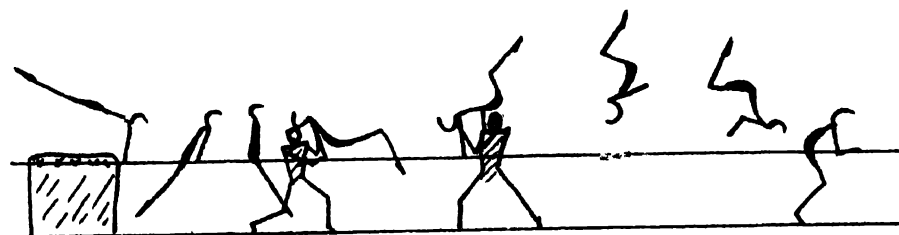
1-3: The swing down from handstand is the same as that used for the stutzkehre. Lead with the feet, keep the upper back rounded, and do not lean the shoulders too far forward. 4, 5: Lead with the feet to accelerate the swing and extend the head back. Do not intentionally drop the shoulders. 6, 7: Now lead with the chest and slow down the feet, and do not drop the shoulders too far back. 7-9: Do not push off too early and, when you do, push off strongly with the arms moving quickly to regrasp. Lead the back somersault with the head and chest. 9, 10: Keep the shoulders extended and immediately straighten into handstand.

PRACTICE EXERCISES

Practise the forward pendulum swing, concentrating on the lead of the feet for acceleration, and the extension of the head and chest. You can also practise this on the floor. Feel the extension of the head and chest without leaning the shoulders too far back until the shoulder-angle is fully opened.

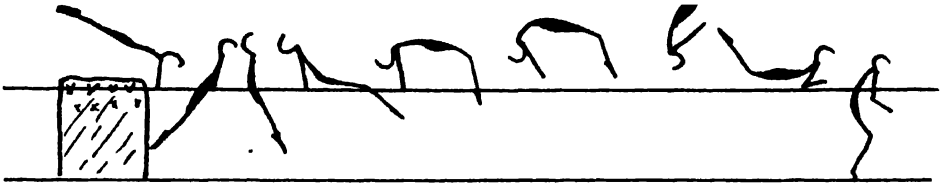


Using low parallel bars, cover one end of the bars with mats. Perform a back somersault with the help of a spotter, tucking the knees and throwing the head back. Land in between the bars on a crash mat, and do not worry about regrasping. The spotter must assist the lift and prevent excessive lean-back of the shoulders.

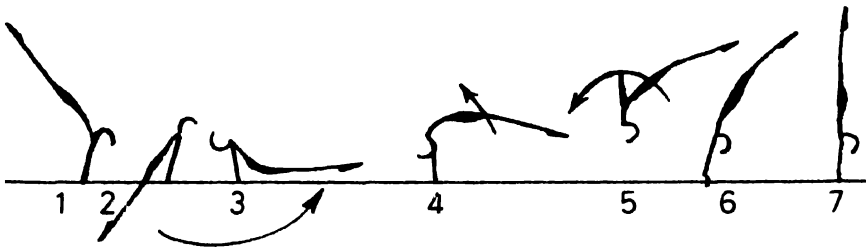


This is a similar exercise, but gradually extend the hips.

Start by extending them after releasing, then extend them before releasing. Still bend the knees.

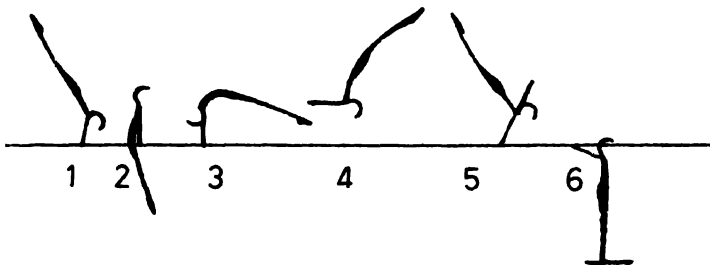


Perform the flying back without bending the knees, concentrating on the lead with the feet and then the extension of the head and chest. Try to get the somersault higher and higher off the bars with a sharp push through the arms. Practise it many times, and make sure it does not travel either forward or back along the bars. Now try the move to handstand, starting with a high swing, and with help from one or two spotters. You can have the legs slightly apart in order to maintain a relaxed lower body. Make the arms move fast in order to regrasp in handstand, but do not release too soon as you must extend in the chest and shoulders. Follow all the previous points of instruction.



RELATED MOVES AND COMBINATIONS

Back Somersault Dismount



IMPORTANT POINTS

In order to move out of the bars, lean towards the dismounting bar during the forward swing, and apply strong support on the opposite bar for a moment after releasing the dismounting bar. Do not forget to concentrate on the chest lead and the sharp push off the bars.

PRACTICE EXERCISES

Using low parallel bars, cover the dismounting bar with a mat. Perform a back somersault dismount with the assistance of a spotter who will support the arms to pull you out. At first, you can bend the knees but not the hips.

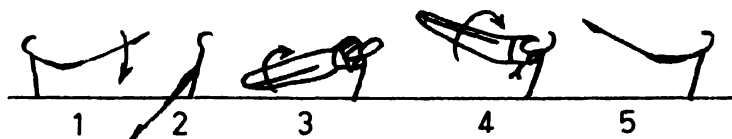
Often, the wrong timing of the push-off will result in a tilt of the body in the dismount which may mean hitting the bars, so concentrate on getting the timing right. Work for a high somersault.

Flying Back Somersault to Stutzkehre



The key point is to regrasp the bars quickly and straighten the body after the flying back so that you can begin the correct swing for the stutzkehre. Also, the flying back must be done high, to handstand, in order to swing for a high stutzkehre. You can also try the combination the other way round, stutzkehre to flying back.

Back Turn (Stutzkehre Backward)



IMPORTANT POINTS

1-3: As the feet pass through the bars, transfer the left hand and regrasp in front of the right (if turning to the right). 3-5: As soon as the left hand regrasps the bar, begin the turn, pushing through the left arm and leading the right shoulder backward while the swing is still moving upward. The turn must be completed before the downward swing begins, with a wide shoulder-angle between upper back and arms and the feet about head-height. Emphasize the speed of the turn rather than a high swing of the feet as this can lead to excessive shoulder-lean.

PRACTICE EXERCISES

Practise the turn using two imaginary bars drawn on the floor or on a mat. You can also practise this on handstand bars.



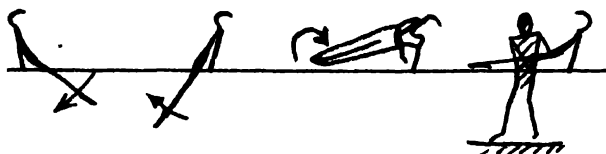
On low bars, make a quarter-turn, transferring the first hand and landing between the bars.



As soon as you have transferred the first hand, try to lead with the feet for the second quarter-turn and straddle the legs on to the bars.

Now try turning all the way from a small pendulum swing and land between the bars.

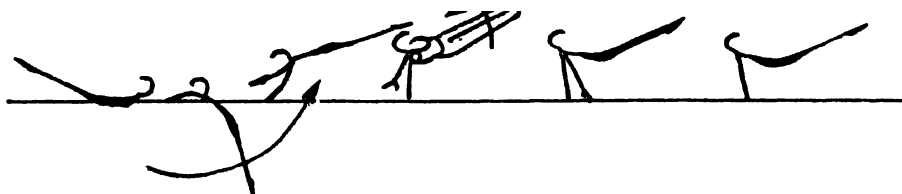
With a larger swing, complete the whole turn to land on a spotter's arms. Make the turn quick before regrasping the second bar.



Perform the full turn with a higher-than-horizontal swing. As the swing gets higher the tendency is to begin the turn later; instead, begin it early and complete it quickly.

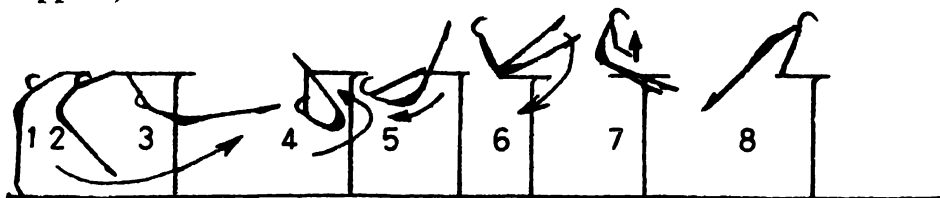
AN ADVANCED MOVE

Back Uprise to Back Turn



Review the 'Back Uprise', especially the hip whip-action. However, instead of leaning the shoulders forward after the whip-action, you must push them backward as you are transferring your first hand. The combining of the turn with the uprise is the crucial point.

Long Upstart Back Clips to Support (Slide Kip Straddle-Cut to Support)



IMPORTANT POINTS

1-3: You can use either the 'extension' type or 'swing-up' type of long upstart. 4-6: As soon as you have piked, begin a swift rearward upswing and begin to extend the hips slightly earlier than with the normal long upstart. 6-8: Using the upward momentum of the upstart, push off the bars at the same time as the legs are swinging quickly downward-backward in a wide straddle. As the legs dip, the shoulders should be leaned forward. Then regrasp the bars quickly with a tight, straight body close to the horizontal.

PRACTICE EXERCISES

Review the 'Long Upstart'.

At the end of the bars, jump up and execute the straddle-clips.

At first, a spotter should support the hips from behind.

From a small, long upstart at the end of the bars, execute a straddle-clip with one leg, and then with the other.

Get support from behind on the hips and try it with both legs together without regrasping in support.

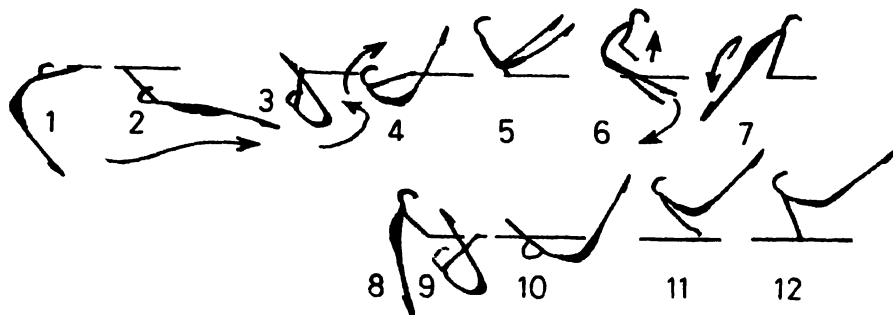
Do the same thing on your own to land outside the end of the bars.

Gradually increase the speed of the upstart and the amount of push off the bars, and lean the shoulders forward during the straddle-clips to end in support on the bars.

Once you can perform the move quite well, concentrate on a dynamic, long upstart, higher straddle-clips, and a higher position of support in readiness for the following move.

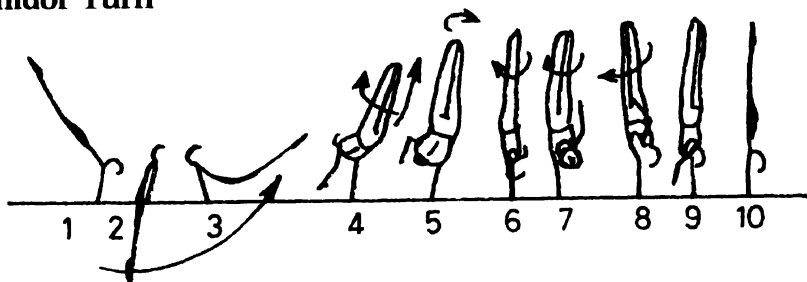
AN ADVANCED COMBINATION

Long Upstart Straddle-clips to Cast to Support



As soon as you have completed the straddle-clips, drop the body backward in the cast. There must be no hesitation in the transition from the one move to the other.

Diamidor Turn



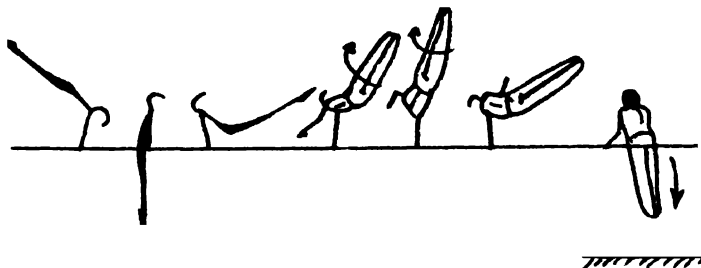
IMPORTANT POINTS

1-3: This is the same as for the stutzkehre. 4-6: Swing the feet quickly up the front and open the shoulder-angle between the arm and upper back, with a slightly flexed body. Keep strong support on the axis arm and widen the shoulder-angle

without extending the chest. Keep the upper back rounded and the body tight, and draw the free arm towards the hips to make the half-turn. 7-10: Now open the chest and extend the supporting shoulder to complete the half-turn, and quickly regrasp the bar with the free hand to come to a tight and stretched handstand.

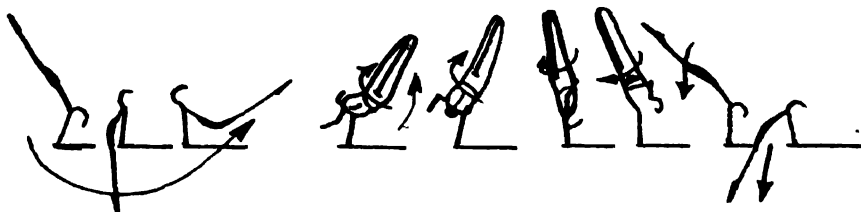
PRACTICE EXERCISES

On low parallel bars, swing up forward and make a quarter-turn by widening the shoulder-angle on the support arm to land outside the opposite bar.



Increase the size and speed of the swing, and try to make the turn quickly near handstand.

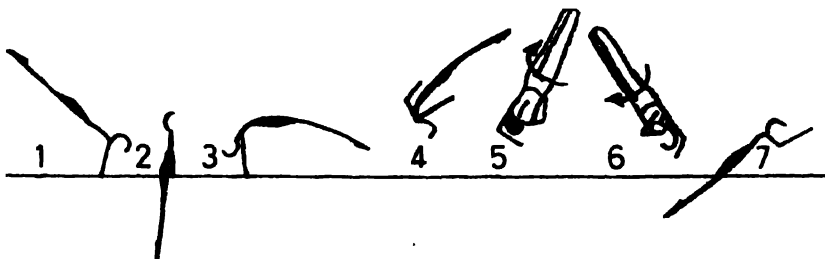
Swing at the end of the bars facing inward, and concentrate on widening the shoulder-angle and opening the chest. Try to regrasp before landing outside the bars.



Now try to execute the entire movement within the space between the bars, landing within an imaginary extension of them.

Perform the move in the middle of the bars, with a spotter on a platform to take the feet. Concentrate on quickly completing the turn close to handstand by fully extending the support shoulder and opening the chest.

Back Somersault Dismount with Full Turn



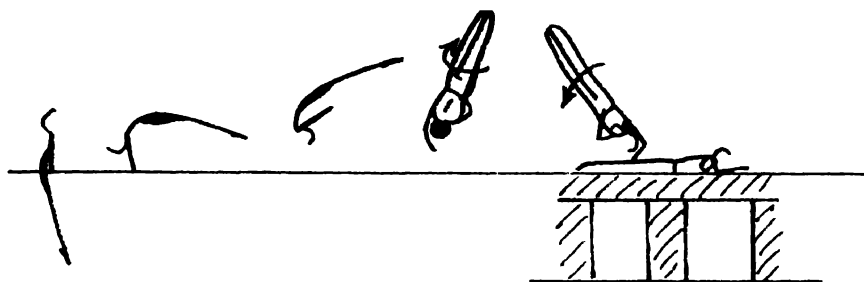
IMPORTANT POINTS

1-4: This is the same as for the back somersault dismount. 4-7: Straighten the body and lead the head and arms into the turn. During the turn the body must be kept tight and straight and the turn must follow the push off the bars. Do not lean the shoulders backward to get rotation.

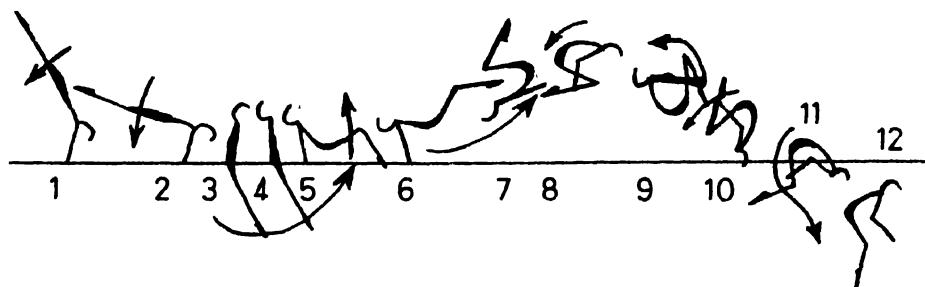
PRACTICE EXERCISES

Practise the back somersault dismount until its height and rotation are correct. Using a crash mat for landing, practise the dismount with turn.

As soon as you have pushed off the bars with extended chest and hips, begin the turn by straightening the body and initiating the turn with the head and arms. Build up a platform of crash mats level with the bars, and gradually increase the amount of turn before landing on it. You should be able to complete the turn before landing on the mats in prone position.



Make sure your somersault has sufficient rotation without having to bend the knees or lean the shoulders back during the push-off.

Double Back Dismount (Salto)**IMPORTANT POINTS**

1-3: This is the same as for the back somersault dismount. 4: Swing the feet upward and extend the head back. 5, 6: Lean the shoulders slightly back, draw the knees quickly towards the chest, and widen the shoulder-angle between upper back and arms. 7, 8: As you push off the bars, draw the knees in tighter towards the chest. 8, 9: Keep the tuck-in very tight for the second somersault with the upper back rounded and the head extended back. 10-12: Spot the mat early and extend the body before landing.

PRACTICE EXERCISES

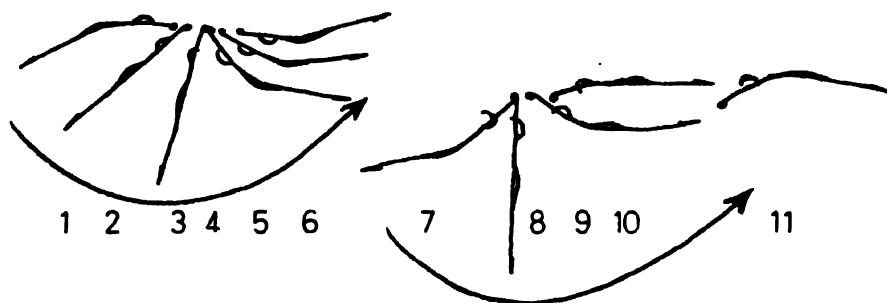
Practise the back somersault dismount with a tight tuck, using the single tucked

somersault to familiarize yourself with the correct direction for the full dismount. After you have sufficient height and rotation in the single somersault, try the double into a crash mat with a spotter to assist with the lift and rotation. Concentrate on all the important points mentioned above, and practise the move many times in order to be certain of a secure landing.

When you have perfected the double back tucked, you can learn to pike it. Follow the progressions as for the double tucked and concentrate on pulling on a right pike.

6 · HORIZONTAL BAR

Pendulum Swing in Hang

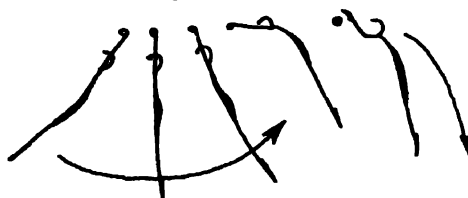


IMPORTANT POINTS

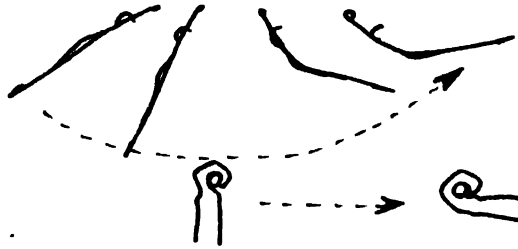
1 : At the beginning of the forward swing, the body should be slightly flexed at the hips with rounded upper back, and with the grip slightly narrower than shoulder-width. 2, 3 : As the swing reaches its lowest point the shoulders relax and extend, and the hips also extend. 4-6 : During the forward upswing, the feet kick through to lead the swing causing slight hip-flexion. The grip remains fixed and the body swings from the wrists. At the highest point of the forward upswing the shoulders and hips should be extended. 7-9 : During the start of the rearward downswing the body should be kept as straight as possible, with shoulders completely stretched. As it reaches the lowest point, the hips should be slightly flexed to allow for the whip-like leg action that follows, leading the upswing with the heels. 9-11 : As the swing reaches its highest point, the body should tighten and flex slightly at the hips. At the top, the grip must slide back slightly, loosen slightly and regrasp, ready for the forward downward swing.

PRACTICE EXERCISES

Jump up and hang on the bar with the thumbs around the bar, and grip slightly narrower than the shoulders. The shoulders must be stretched and the body straight. Now swing lightly, and at the point near the top of the rearward swing, flex in the hips and shoulders and push off the bar.



Now swing lightly back and forth a few times, and as you approach the top of the rearward swing, relax and slide the grip back slightly before beginning the forward swing. During the forward swing, remember to swing from the wrists, keeping the grip in its original position.



Concentrate on the correct body positions during the swing, in particular the small whip-like actions at the beginning of the forward and backward upswings, which should be led by the feet.



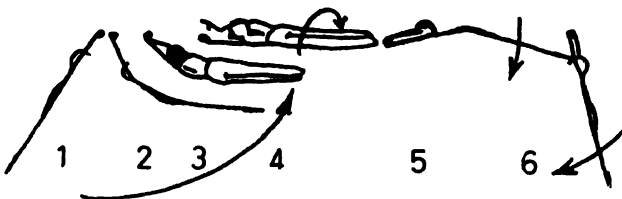
RELATED EXERCISES

Change of Grasp to Reverse Grasp



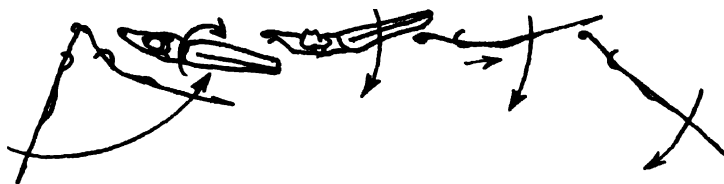
At the top of the forward swing, snap one hand off the bar and change it to reverse grasp, with the body slightly flexed as you make the change. At the top of the rearward swing, change the reverse grasp back to overgrasp, once again with the body slightly flexed at the moment of change.

Forward Swing to Half-turn to Mixed Grasp



1-3: Use a positive whip-like leg-action, and begin to lead the half-turn with the lower body, the hips remaining slightly flexed. 4, 5: As you straighten the body, the half-turn must be quickly completed, with the axis (left) arm straight and its shoulder stretched. Regrasp the bar quickly with the right hand in overgrasp, with the upper back slightly rounded for the beginning of the forward swing. Wait until the top of the next rearward swing, and then change the reverse (right) grasp hand to overgrasp.

Rearward Swing to Half-turn to Reverse Grasp



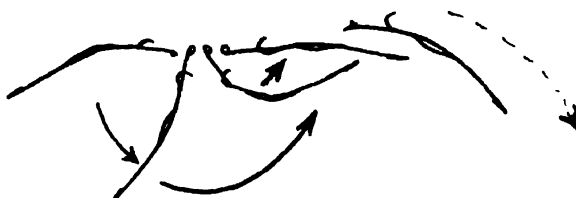
1-3: Use a positive whip-like leg-action, and lead the lower body into the half-turn. Keep the body straight, with the head extended slightly backward so as to see the bar during the turn, the axis (left arm) straight from the shoulder. 4, 5: Make the half-turn quickly, to regrasp with the right hand in reverse grasp, and then extend the shoulders to begin the rearward swing with both hands in reverse grasp.

Forward Swing—Hop Half-turn

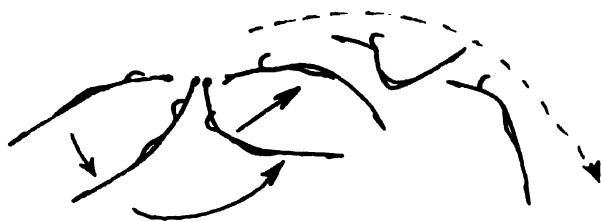


This is a similar move to 'Forward Swing to Half-turn', but requires a dynamic whip-like leg-action to secure sufficient height for the two-hand release and regrasp. Begin the turn on the upswing with the hips remaining slightly flexed. As you extend the hips, snap both hands off the bar, complete the half-turn smartly, and regrasp in overgrasp with the upper back slightly rounded at the moment of regrasp. Try to repeat the exercise several times in a row.

Forward Swing Dismount



During the forward downswing, slightly flex the body and use the reaction from it for an exaggerated whip-like leg-action, which will cause a semi-pike of the body. Reacting from this, sharply extend the body in order to lift it off the bar, throwing the bar away behind you as you release. At first, concentrate on an exaggerated body action: flex—extend—flex—extend. As you get used to this, try to minimize the hip-action and emphasize the action of the shoulders and upper body. When your flight off the bar is high enough, you can add an extra piked-body position during the flight, which requires a much harder push through the arms at the point of release.



Back Hip-circle

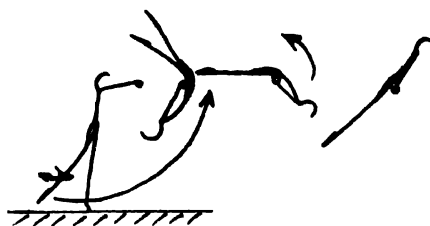


IMPORTANT POINTS

1-3: Execute a small beat in support by flexing and extending the hips in order to initiate backward momentum for the circle. 4, 5: Lead the circle with the feet, extending the head back, and dropping the wrists round with the circle. Keep the bar in front of the thighs. 6-8: As the body comes back over the bar, slow the legs, and then extend the hips to return to front support position.

PRACTICE EXERCISES

On a low bar, at shoulder height, circle up over the bar by swinging one leg back and then forward and up. Finish in a strong support position.



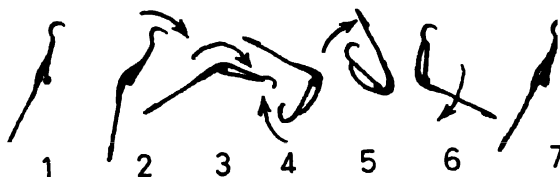
From support position, perform a small beat and lead around the bar with the knees, the body tucked but the arms straight. A spotter can assist the rotation.



Now perform the circle with straight legs, a rounded upper back, and the body not too piked.



Forward Hip-circle

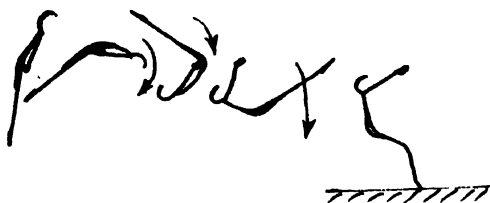


IMPORTANT POINTS

1: For the starting position, extend the chest, lift in the shoulders and straighten the head, with the body supported on just the palms of the hands. 2, 3: Rotate forward smartly with the upper body, chest extended, head upright and arms stretched. The legs then follow when the head is level with the bar. 4-6: As soon as the head passes the lowest point, round the upper back and flex the head forward, the body supported on the bar by the thighs. Then turn your grip round to support on the bar while the upper body continues to circle forward and upward, back above the bar, and the legs follow, back to a stretched, front support position.

PRACTICE EXERCISES

In order to become used to the feeling of falling forward, rotate forward slowly to end up in hang, feet on a crash mat. As you come under the bar, rotate your grip.



From front support position, bend the hips and knees and rotate forward leading with the chest. As soon as the head passes the lowest point, flex it forward and round the upper back to accelerate the circle-speed. During the upward circle of the upper body, slow down the leg-speed to form a tight, tucked body, at the same time rotating the grip round the bar. When the shoulders are back above the bar, extend the body to front support position.

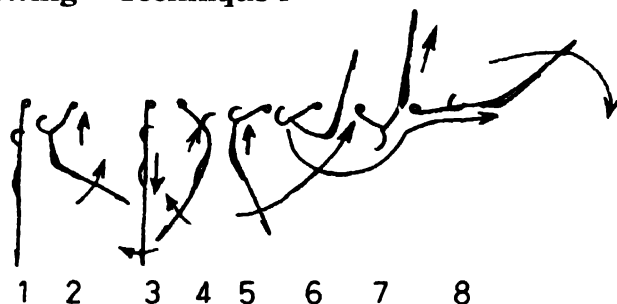


Do the move with gradually straightened legs.

As soon as the upper body begins the forward rotation, release your grip, and then regrip the bar as soon as your head passes the lowest point.



Cast Underswing—Technique I

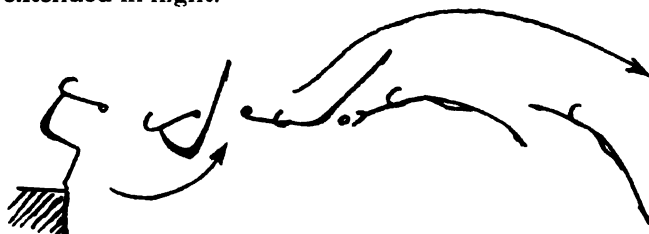


IMPORTANT POINTS

1, 2: Lift shoulders and feet upward with flexed body. 3, 4: Sharply drop the shoulders and feet, relaxing in the shoulders at the lowest point, and immediately rebound into a hyper-extended position with the shoulders raised forward-upward and the feet backward-upward. 5-7: Rebound, pulling the bar downward, with the shoulders lifting backward-upward and the body flexing. As the body-flexion deepens, raise the feet and hips towards the bar very quickly. As soon as the shoulders begin to swing forward and upward, the upper back should be kept slightly rounded. The arms must be kept straight. 7, 8: As the body begins to swing rearward continue to lift in the shoulders until the shoulder-angle and the body are straightened.

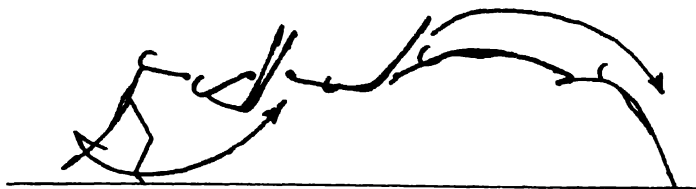
PRACTICE EXERCISES

Starting in squat position on a platform, grasp the low bar and jump off, lifting the knees towards the bar with the body piked. As the body swings forward, quickly extend the hips, directing the legs forward-upward. As the body travels above the level of the bar, extend in the hips and shoulders, and push the bar away with the body extended in flight.

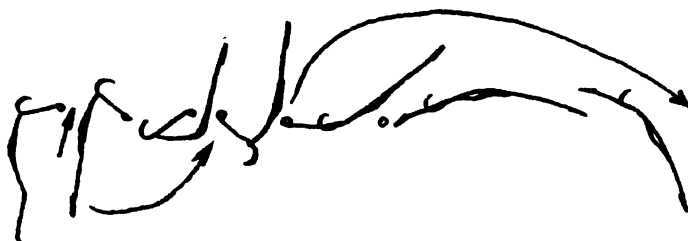


Grasp the low bar, swing one leg back and forward, and lift the knees and hips towards the bar as the body begins to swing forward and upward. Extend the hips,

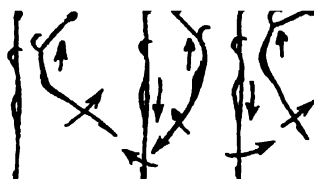
directing the legs forward-upward, and then push the bar away, extending in the shoulders and hips.



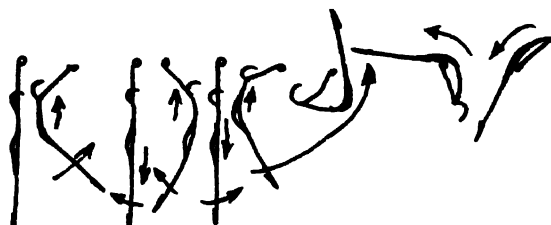
The same, but with two-foot take-off.



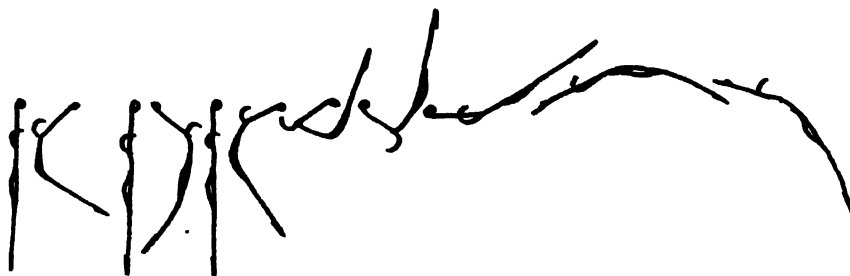
On a high bar, practise the flexion—drop—extension—drop—flexion of the body. Do not just concentrate on the flexion—extension of the hips, but also that of the shoulders, which raises and lowers the whole body.



Immediately after the bouncing action, aim to circle up over the bar, using the momentum of the action rather than strength.

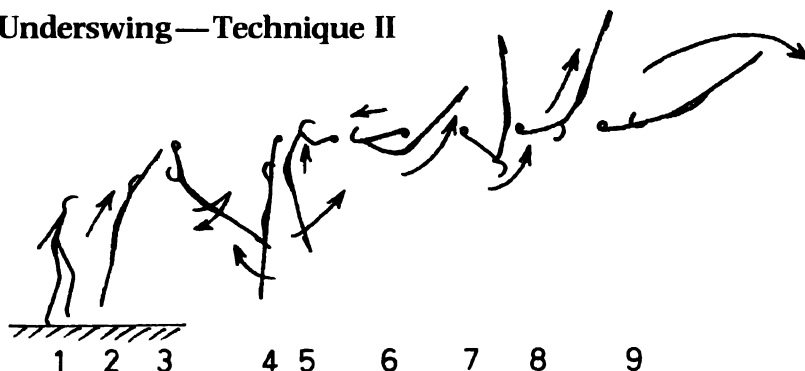


After the bouncing action has been mastered, aim to lift the hips and knees towards the bar after the second body-flexion and perform an underswing dismount, as in the first exercise.



Also try the move in reverse and mixed grasps.

Cast Underswing—Technique II



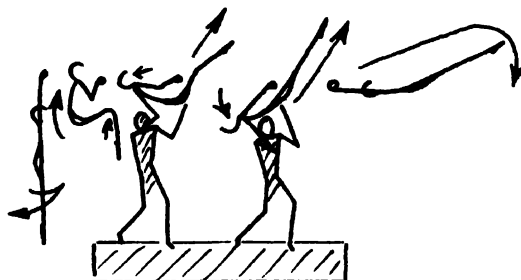
IMPORTANT POINTS

1-4: Jump up forward to grasp the bar, with a small swing. 4, 5: At the lowest point of the small rearward swing, completely relax the shoulders, and immediately tighten the body and pull it upward with the swing with slightly bent arms. 5, 6: As the shoulders lift above the bar, straighten the arms and extend the head back slightly, while lifting the hips and legs towards the bar. 6-9: Swing the body forward and upward, straightening out the shoulder-angle, and keeping the upper back slightly rounded. Do not slide your grip round with the swing.

PRACTICE EXERCISES

From hang, 'chin-up' with bent knees, then straighten the knees and hips to direct the legs forward and upward.

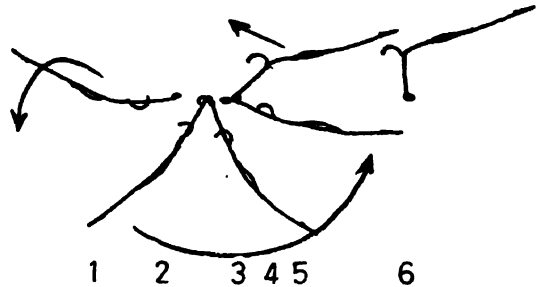
The whole action must be done quickly.



A spotter can assist with the lift and extension.

Add a small pendulum swing at the beginning, then gradually straighten the knees and aim for a higher underswing.

Back Uprise to Support



IMPORTANT POINTS

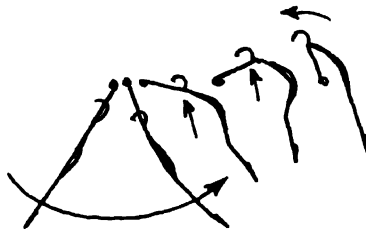
1- 4: Review rearward swing of 'Pendulum Swing'. 5, 6: Tighten in the shoulders and press down on the bar, with the lower body continuing its upward swing.

PRACTICE EXERCISES

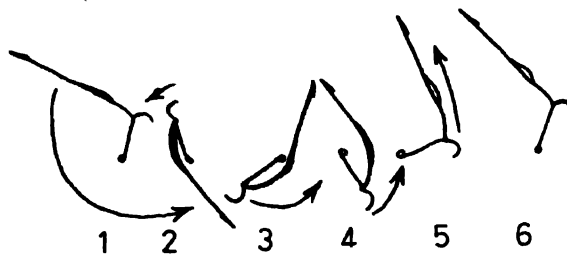
A dynamic rearward swing is one of the key points. Review 'Pendulum Swing' and 'Cast Underswing'.

As the feet pass the lowest point, bend the knees and hips, and pull the bar towards the hips, bringing the shoulders over the bar and the body into support.

Repeat, but gradually straighten the hips keeping the knees bent, and aim to swing up even higher. Finally, straighten out the knees, and aim to uprise to more than 30 degrees above the horizontal.



Short Clear Circle (Free Back Hip-circle)



IMPORTANT POINTS

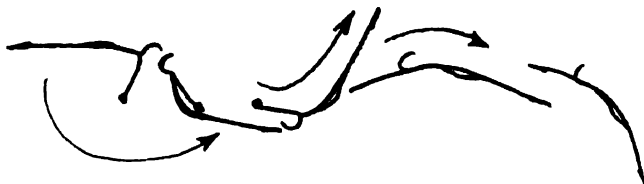
1, 2: Pushing the shoulders back over the hands, circle fast in towards the bar, with the body straight and the upper back slightly rounded, the shoulders leading the swing. The head keeps in its normal position. 2, 3: As the shoulders accelerate

downward, keep the shoulder-angle closed and the body tight. 4, 5 : Start to extend the hips and open the shoulder-angle to direct the body towards handstand, keeping the chest in, the body tight and the arms straight. 5, 6 : Turn your grip with the circle as you come towards the top of the swing, and do not allow the body to hollow.

PRACTICE EXERCISES

Review the 'Cast Underswing'.

Learn to cast from support on the low bar.



Concentrate on building up the acceleration of the underswing by pushing the shoulders back over the hands at the start and rounding the upper back.

Review the 'Back Hip-circle' aiming to straighten out the body and add more speed.

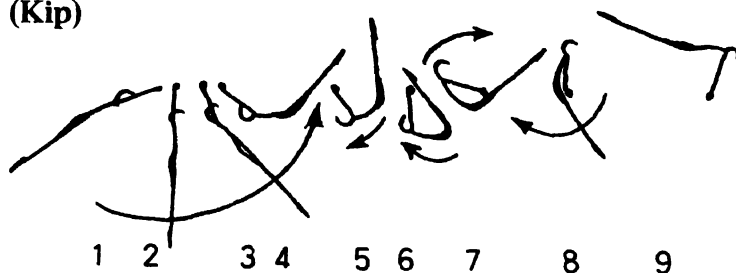
Now learn to lead the swing from the shoulders, keeping the body straight and the upper back rounded. Towards the end of the circle, smartly extend the hips which should raise the body slightly above the bar, and then turn the grip and push off the bar to land on a crash mat. A spotter can aid the lift clear of the bar.



Concentrate on the shoulder speed, until the clear circle can be performed with straight arms all the way, repeating it two to three times in a row.

(b) Once this is perfected, you must learn to co-ordinate the shoulder-speed with the timing of the body-extension and the grip-turn. Aim to direct the body to handstand, if need be with the help of a spotter who can take the feet to handstand.

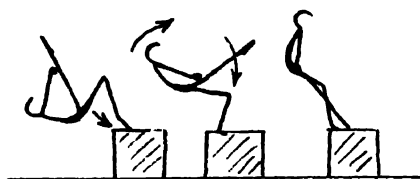


Upstart (Kip)**IMPORTANT POINTS**

1: The upper back should be slightly rounded and the body slightly flexed. 2-4: Relax the shoulders, and lead the feet upward swinging up while keeping the grip in the same position. 4-6: Draw the legs towards the bar, form a rounded upper back and start to press the bar towards the hips. 6-8: Continue the press downward on the bar, and narrow the shoulder-angle by extending the hips along with the upward shoulder swing. At point 8, the grip should be turned slightly forward, with the body still slightly flexed. 8, 9: the body should continue its swing up off the bar.

PRACTICE EXERCISES

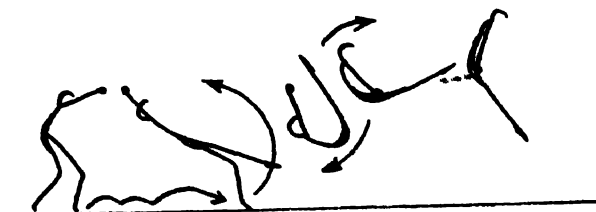
With one foot resting on a platform in front of a low bar, try a one-leg upstart with the other leg. The upstart is a smooth flexion and extension of the hips, as the bar is pressed up the front of the legs to the hips.



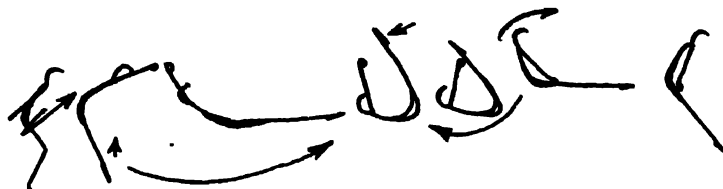
On a low bar, from a small pendulum swing with flexed body, co-ordinate the extension of the hips and the press down on the bar with the rearward swing. Use the assistance of a spotter.



On a low bar, run through under the bar and take off with one foot to draw both legs to the bar, and then extend the hips and press down on the bar.

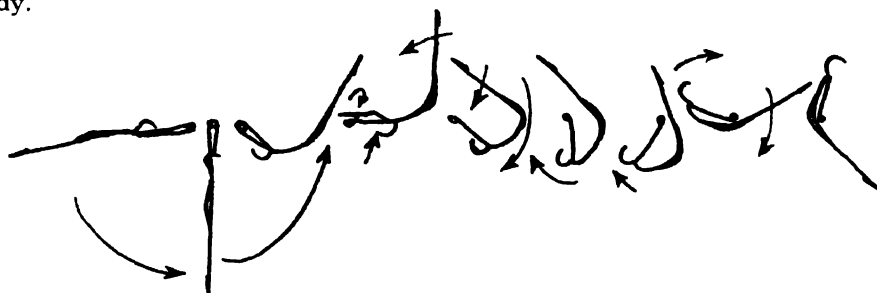


Now glide under the bar and perform the upstart. At first, forcing the shoulders a little forward at the end of the glide will make it easier to draw the legs towards the bar.

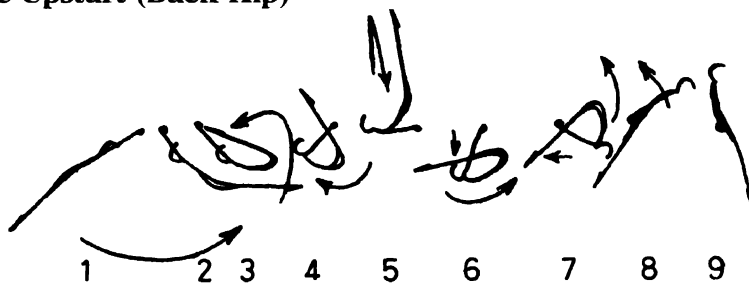


Review the 'Pendulum Swing', and emphasize the toe-lead to swing the body upward at the end of the forward swing. Now perform the whole move, many times.

Try the upstart in mixed or undergrasp. Then try changing from mixed grasp to undergrasp at the top of the front swing, and perform the upstart with a less flexed body.



Reverse Upstart (Back Kip)



IMPORTANT POINTS

1-3: At the end of the forward swing, stoop the feet through between the arms before the rearward swing begins. 4, 5: In co-ordination with the rearward swing, extend the hips and swing the shoulders upward, with the head flexed forward. 5, 6: Now co-ordinate the forward swing with a tight piking of the body. 6-9: Keeping the legs low, extend the hips and open out with the chest to lift the upper body quickly with the upswing. Then, turning the grip, pull the bar towards the hips.

PRACTICE EXERCISES

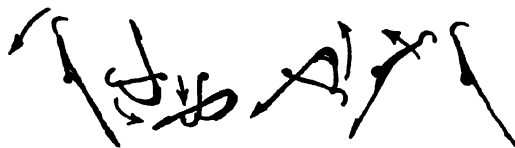
Lying on a mat, practise the pike—extend—pike action of the body.



With a small swing in piked-hang on the low bar, practise the extension and flexion of the body in co-ordination with the swing.



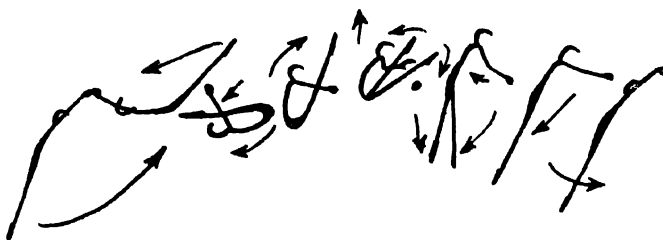
From sitting on the low bar, practise the free hip-circle backward. Gradually emphasize the degree of pike, and the extension of the hips with the turning of the grip.



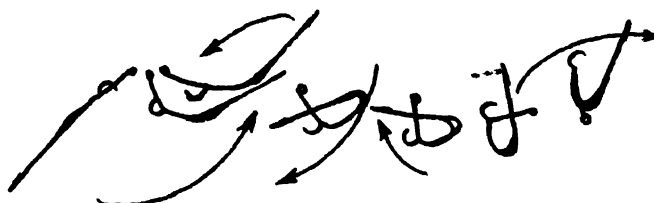
Now combine these and have a spotter to aid the lift of the chest on to the bar.

RELATED MOVE

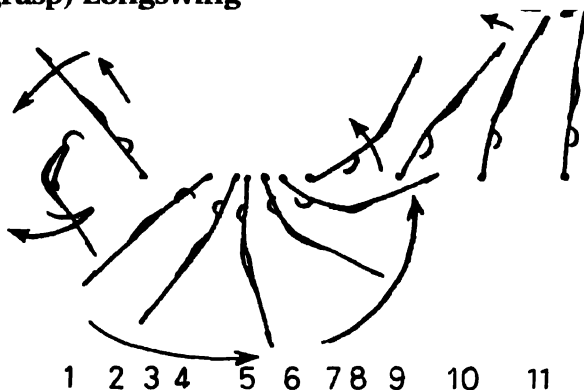
Stoop-through to Straddle-cut



It is important to obtain a large rearward swing in piked position, and to press down on the bar to lift the body upward before the straddle-cut. Practise first the stoop-through to sit.



Back (Overgrasp) Longswing



IMPORTANT POINTS

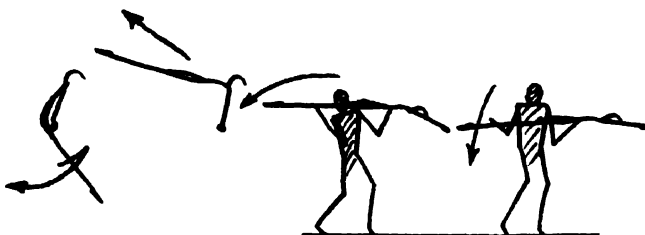
1, 2: Beat up away from the bar with straight arms, so that the body is straight with no shoulder-angle, and the upper back rounded, ready for the downswing. 2, 3: As the body swings down, the head is between the arms with the shoulders extended. 4-6: Just before the lowest point of the swing is reached, lead through with the shoulders and chest and react with a strong kick of the feet for the upswing. 7-11: Continue the kick up the front, then extend the hips and shoulders back to the straight body position and, as the shoulders extend, turn the grip. Do not extend the hips and shoulders too early, or you may stop the longswing.

PRACTICE EXERCISES

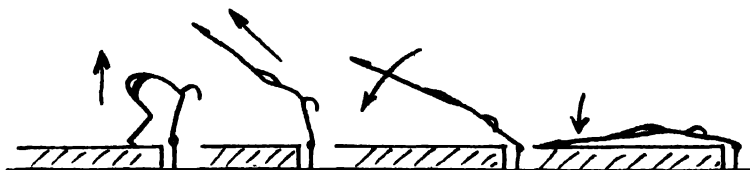
Review the forward swing of 'Pendulum Swing'.

On a low bar, concentrate on beating up into a straight body position extending in the shoulders. Do not beat up or swing down with extended hips or chest, and have a spotter to stop the swing when it reaches the horizontal.

At first you can beat up with bent arms, but then straighten them quickly.

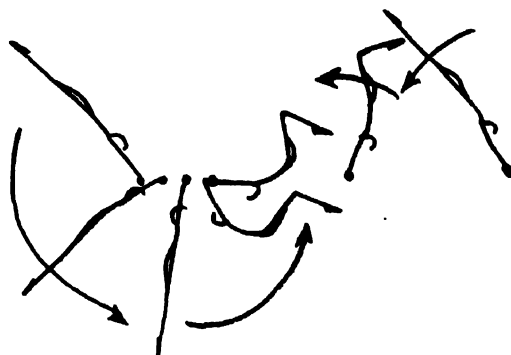


Set up a crash mat level with the low bar. Kick up off it towards 45 degrees, extend and swing down with the hips and chest slightly flexed.



Using loops at first to bind the hands on to the bar, beat up as high as possible, straighten out the body for the downward swing and then, as you kick through at

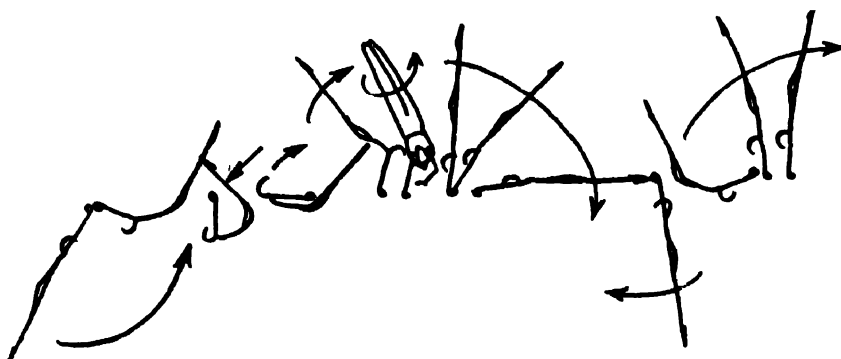
the bottom, bend the knees and hips to aid the upward swing. Straighten out as you come over the top of the bar.



Now perform the longswing with only slight hip-flexion, and with the knees straight. Try at least two to three times in a row, using the loops, or a spotter, until you feel confident. The swing must be smooth and rhythmic, with the body near-straight, except during the upswing where there is minimal hip- and shoulder-flexion in order to shorten the radius and therefore maintain the momentum.

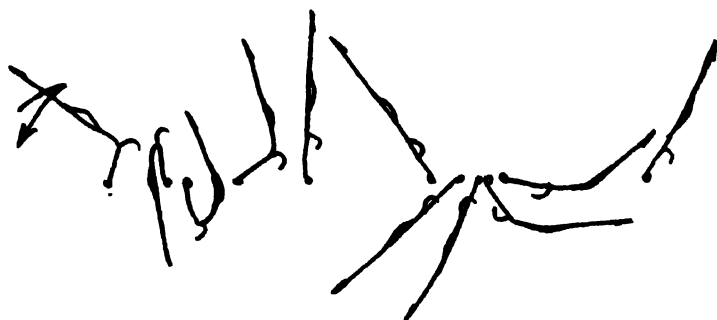
RELATED COMBINATIONS

Undergrasp Upstart to Pirouette to Back Longswing



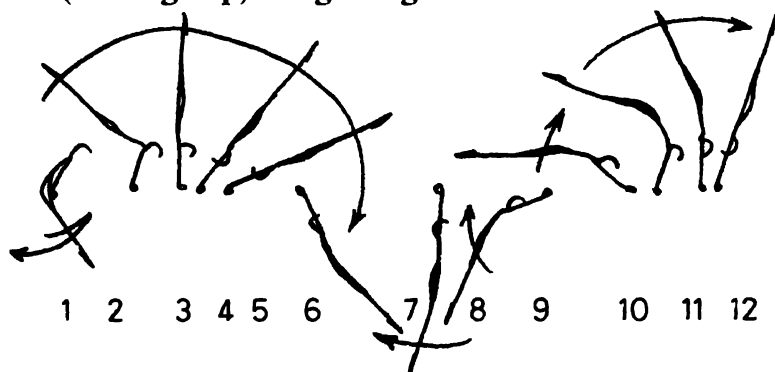
At first, work on two points—undergrasp upstart beat to handstand, and handstand pirouette (review in Chapter 5, Parallel Bars). The former should be executed quickly without excessive forward shoulder-lean, and with straight body. To continue the two parts, beat up to handstand and pirouette earlier, during the beat-up, so that the turn is completed above the bar ready for the longswing. From overgrasp upstart you can also learn to hop jump to undergrasp and pirouette.

Short Clear Circle to Back Longswing



Review the 'Short Clear Circle'. Once it has been perfected to handstand, there is no problem following it with a back longswing. If you wish, try it first in loops.

Forward (Undergrasp) Longswing



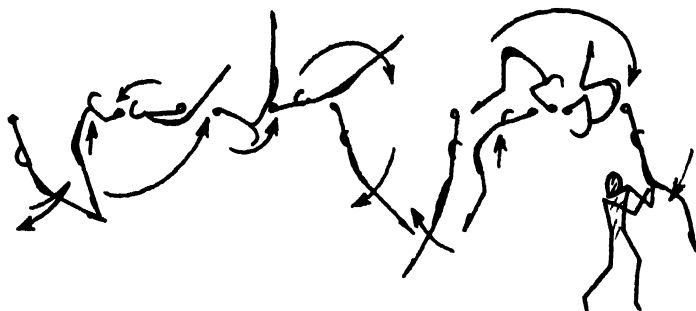
IMPORTANT POINTS

1-3: Lean the shoulders slightly forward, flex the body and then beat up to handstand, pushing the shoulders back as the feet rise above the bar. 3-5: Flex the head in between the arms, with the body tight and straight apart from a slight rounding of the upper back. 6, 7: In order to accelerate the swing, put in a small whip-like leg-action, with shoulders totally relaxed. 7, 8: The slightly extended body resulting from the whip-like leg-action must be tightened with slight flexion coming from the rounding of the upper back for the upswing. 8-10: Keep the shoulder position fixed, but there should be slightly more hip-flexion as the rounded upper back leads the upswing. 10-12: As the swing moves towards handstand, start to straighten out the hips and shoulders to a straight body position which should be attained just after passing the highest point of the swing. The whole swing must be smooth and rhythmic, with no jerking over the top of the bar.

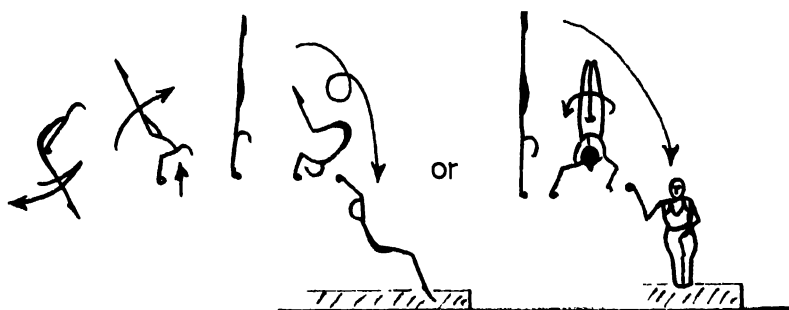
PRACTICE EXERCISES

Review the 'Back Uprise to Support', and try it from 'Cast to Rearward Swing' in undergrasp.

During this, instead of slightly extending the body during the backward upswing, bend the knees and hips and, as soon as the body passes the horizontal level, pull the body over the bar with bent arms and perform a forward roll to be checked by a spotter.

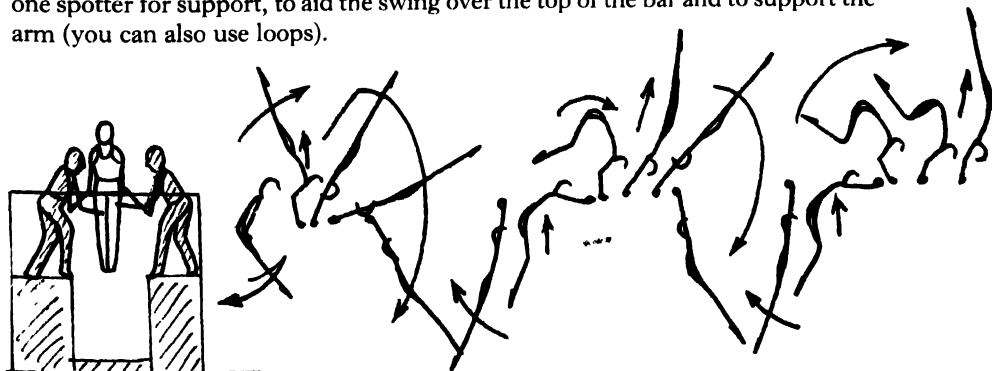


At first, practise the beat-up to handstand with slightly bent arms. Lean the shoulders slightly forward, bend the arms no more than 90 degrees and, as the body reaches towards handstand, straighten the arms. Aim to co-ordinate the cast-up of the legs and hips with the straightening of the arms. After the beat-up to handstand it is best to continue the swing down into a crash mat; alternatively, you can turn out of the handstand to land on your feet.



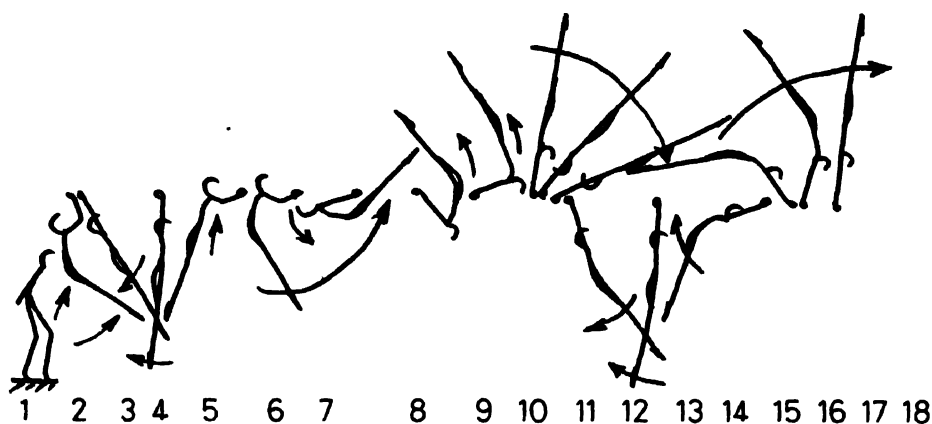
When you can beat up with arms, aim to learn the straight-arm beat-up, and to swing down from the handstand, with a straight body and the head brought in between the arms, to land in a crash mat.

Now try the forward longswing on the high bar, at first moving the upswing over the bar with slightly bent hips, arms and knees, which must all extend for the downswing after passing handstand in order to go round again. Gradually straighten out the arms, then the hips and knees, in that order. At first, use at least one spotter for support, to aid the swing over the top of the bar and to support the arm (you can also use loops).



SOME RELATED COMBINATIONS

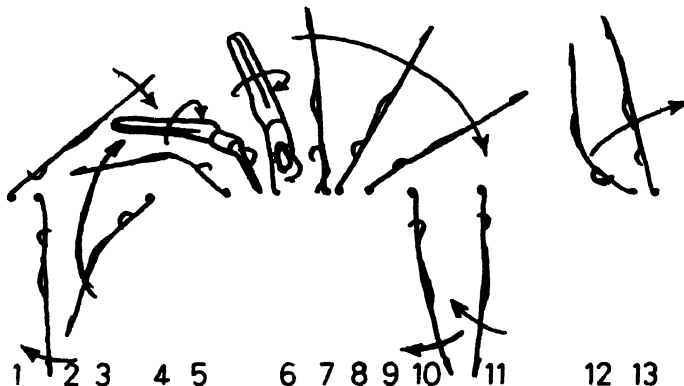
Underswing to Handstand (Undergrasp) to Forward Longswing



IMPORTANT POINTS

1, 2: In order to obtain a small rearward swing, bend the arms and swing the legs forward as you jump on to the bar. 3-6: Swing back with completely relaxed shoulders, pull up the body, now slightly extended, and then pull the legs and hips towards the bar as you extend your arms to lean the shoulders back. 7: Without turning your grip, pull the hips towards the bar in order to close the shoulder-angle, and then extend the head back to prepare for the underswing. 8-10: As the legs move upward with the hips extending round the upper back, start to open the shoulder-angle with a quick shoulder-swing. 10, 11: Direct the underswing slightly forward of handstand, with the head brought in between the arms, ready for the longswing. 12-18: Review the 'Forward Longswing'.

Forward Longswing to Top Change to Back Longswing



IMPORTANT POINTS

1-4: Review the 'Forward Longswing'. 5-7: Having good momentum in the longswing, begin to lead the shoulder of the releasing (right) arm in the direction of the turn. Turn both grips and release the right hand before completely putting

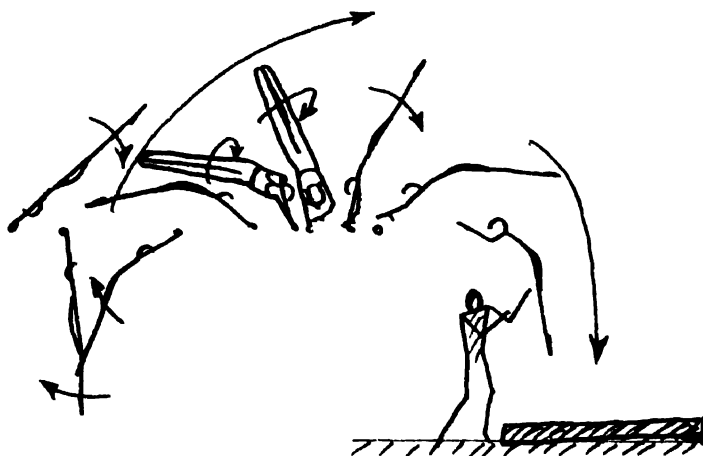
your weight on the axis (left) arm, and quickly make the half-turn, extending in the shoulders and hips. The head should keep by the axis (left) shoulder during the turn. 7, 8: Before regrasping the bar, the turn must be completed and, upon regrasping, the body must be straightened. 8-12: Review the 'Back Longswing'.

PRACTICE EXERCISES

Review the 'Pirouette' in Chapter 5, Parallel Bars.

Standing on a platform, level with the low bar, kick up to handstand in undergrasp, quickly make a half-turn change over the top to overgrasp, and jump down on to a crash mat.

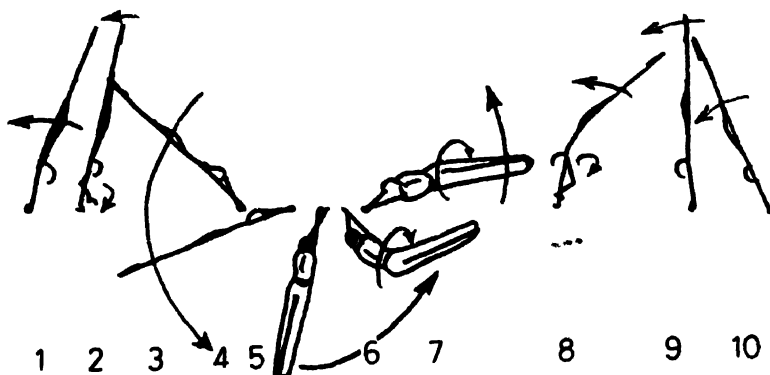
Perform a forward longswing, top change quickly, and jump down on to a crash mat, with a spotter to assist if necessary.



Now perform the whole move with the aid of a spotter.

Concentrate on turning square, and on following the points in 'Important Points'. When the top change can be confidently performed, aim to make the turn earlier, so that you have completed the turn by the time you have reached handstand.

Cross-hand Change

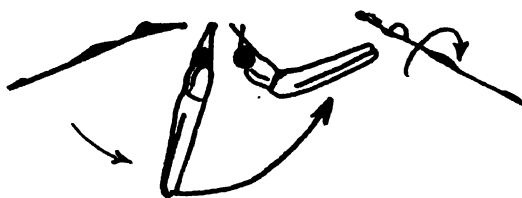


IMPORTANT POINTS

1-3: Review the 'Back Longswing', maintaining good momentum. As you come over the top of the bar, stretch through the axis (left) arm and slightly round the upper back, and cross the other (right) arm over the axis arm into cross-hand grasp, with the hands as close as possible. Keep the body dishd during the downswing. 4-7: Aim to keep the body from turning until it reaches its lowest point and at 4-6 put in a positive, whip-like leg-action. Allow the swing and the cross-hand grip to turn the body naturally. Maintain the grip of the axis arm. 8-10: As the body comes towards handstand, change the grasp of the axis arm to reverse grasp, with the body slightly flexed and the other arm and shoulder extended. Once the turn is completed, over the top of the bar, attain the position for 'Forward Longswing'.

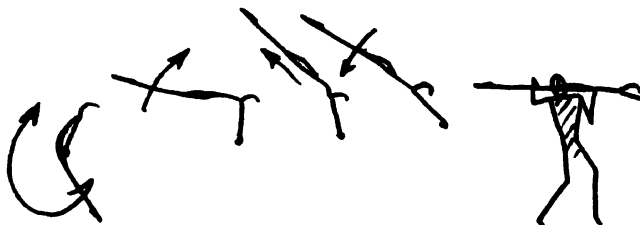
PRACTICE EXERCISES

Perform a pendulum swing in cross-hand grasp, and then add a light, whip-like leg-action as the swing is passing its lowest point.



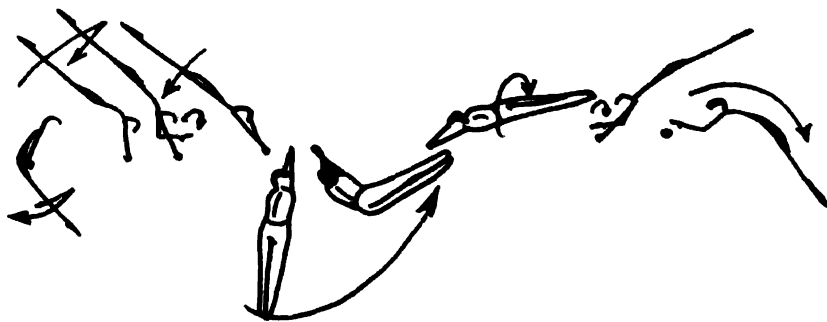
Perform a rearward pendulum swing in overgrasp, change to cross-hand grasp and follow the first exercise. Change the elgrip of the axis arm to undergrasp before jumping off the bar.

On low bar, beat up from the bar and, at the top of the beat-up, cross-hand change before swinging down to be checked by a spotter. Concentrate on the extension through the axis arm and the slightly rounded back for the downward swing.



Now perform the same thing on the high bar, making sure the shoulders are extended before the downward swing begins.

For the rest, follow the second exercise.

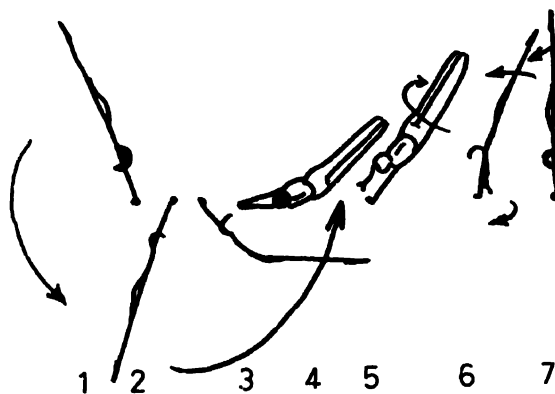


The same but execute a higher beat-up, and a more dynamic, whip-like leg-action. On the upward swing, delay the changing of the elgrip to reverse grasp, and then come into support on the bar.



Now try the whole move with the aid of a spotter to assist the swing over the bar after the change to undergrasp. Keep the arms straight and the shoulders extended, although you may at first have to bend your hips and/or knees to get over the bar.

Blind Change



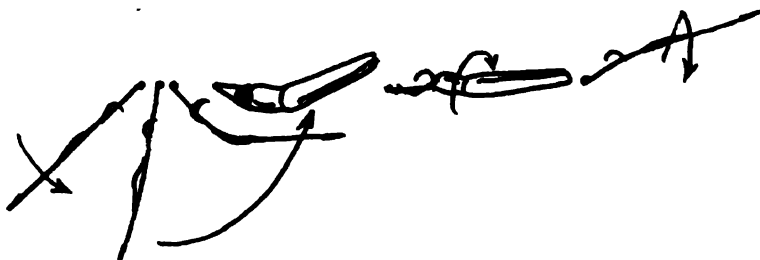
IMPORTANT POINTS

1, 2: Review the 'Back Longswing'. 2, 3: Execute a good whip-like leg-action for upward momentum, and flex the head forward. 3, 4: Continue the toe-lead with a slightly flexed body and, without releasing the bar, lead the turn with the feet, the head still flexed forward. 4-6: Extend through the hips and shoulders, bring the

head slightly up to look for the bar and, as the turn is completed, release and regrasp in undergrasp with the free hand. 6, 7: The body must be totally extended in the handstand position ready for the forward longswing.

PRACTICE EXERCISES

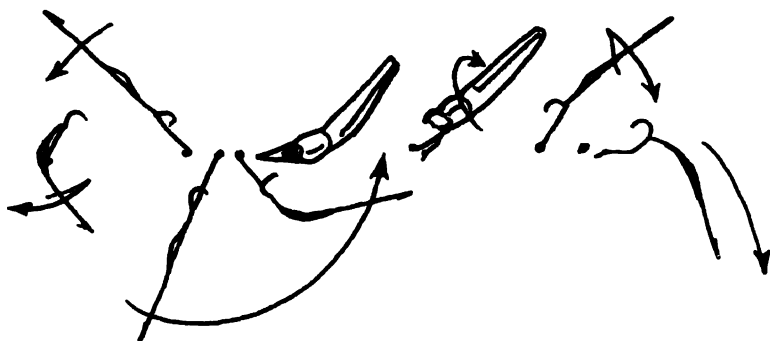
Perform 'Forward Swing to Hop Half-turn to Forward Swing'. Then, try turning the body first before immediately making the change grasp from reverse to overgrasp before the following forward swing.



Build up the size of the pendulum swing, emphasizing the whip-like leg-action and gradually delaying the beginning of the half-turn, keeping the axis arm and shoulder extended.

You should aim to swing up to more than 45 degrees above the horizontal by the end of the turn, and be able to repeat the exercise three to four times in a row.

Beat up from the bar and perform the previous exercise after the half-turn is completed, jump off the bar.



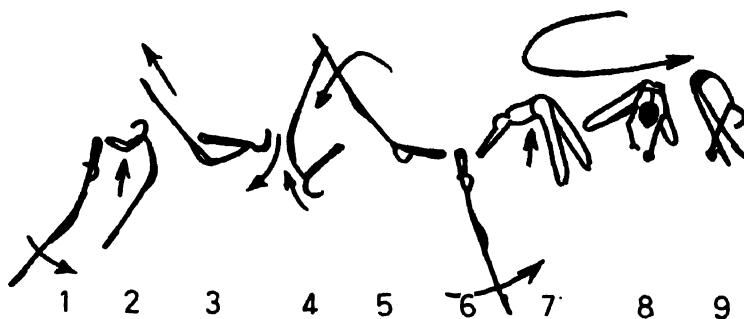
Same as first exercise, but regrasp in undergrasp, concentrating on completing the turn before changing the grasp.

Now beat up towards handstand, and perform the whole move, with a spotter to assist the swing over the bar.

Straddled Kreiskehre

IMPORTANT POINTS

1-6: Review the 'Cast Underswing to Rearward Swing', swinging in mixed grasp. 6, 7: At the beginning of the back uprise, flex the hips, straddle the legs and round the upper back. Keep the shoulders extended, and lead the uprise with the hips. Begin to transfer the body-weight over the undergrasp axis arm, leaning the head

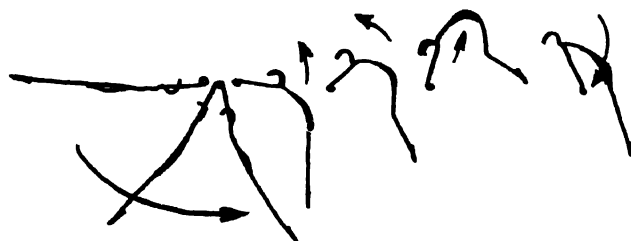


towards the shoulder. 7-9: As the axis hand turns over the top of the bar, release the other hand and put the weight on the axis arm, leading the turn with the head and free (right) shoulder. During the turn, the axis shoulder must be extended and the hips kept high, into high momentary straddle-support, before proceeding into the next move.

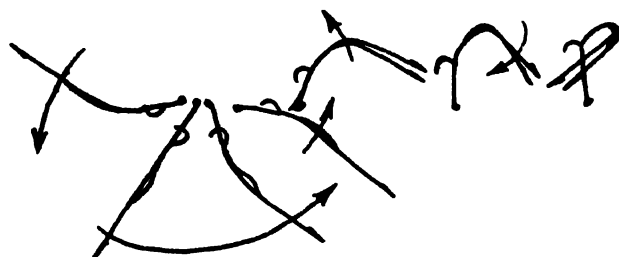
PRACTICE EXERCISES

Review both 'Cast Underswing' and 'Back Uprise', and practise the back uprise after a cast underswing in mixed grasp.

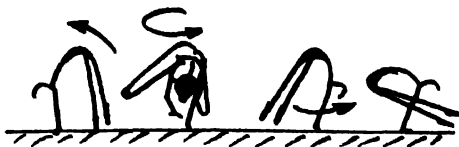
Perform a back uprise, and after the whip-like leg-action, flex the hips (and even the knees, if you wish!), and lead the uprise with a rounded upper back.



Now perform a back uprise, aiming to swing the hips above the shoulders. Then pike much deeper to draw the feet ahead of the shoulders into straddle-support above the bar. At first, you may have to flex the knees slightly to aid the upswing.

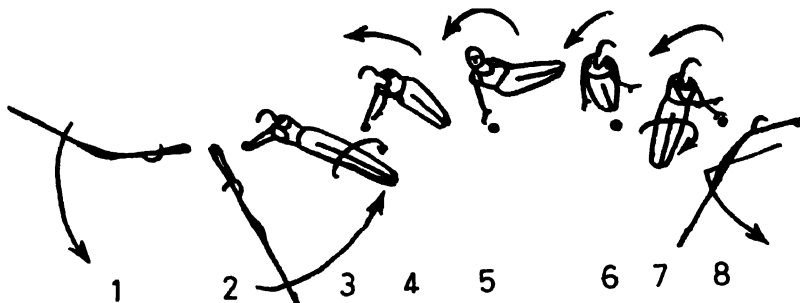


Practise the half-turn with straddle-piked body on the floor or on a handstand bar.



Now try the whole move, and concentrate on leading the turn with the head and free (right) shoulder (not with the leg).

Rear Vault



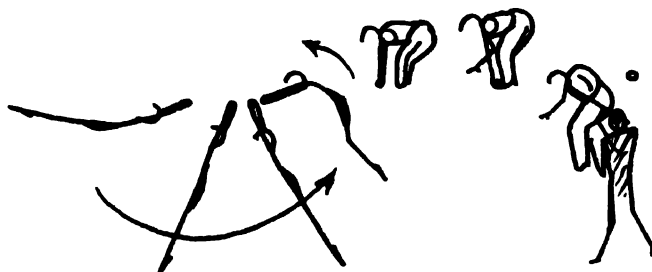
IMPORTANT POINTS

1-3: Review the 'Back Up-rise', swinging in mixed grasp. 3-5: Initiate the turn by pressing and pulling with the overgrasp hand. Keep the legs swinging upward, and pull the hips towards the overgrasp arm, quickly flexing them. Do not lead with the feet. 5, 6: The undergrasp hand releases first to allow the quarter-turn before the vault over the bar. The overgrasp hand then releases smartly off the bar, and the legs must be about parallel to the bar during the vault, with the hip-angle larger than 90 degrees. 6-8: The last quarter-turn must be executed sharply, along with the lowering of the legs, to extend the hips as soon as the bar is cleared. Regrasp smartly with the shoulders tightened to minimize the shock, before continuing into the forward swing.

PRACTICE EXERCISES

You must be able to perform the 'Back Up-rise to Support' before learning this move. Try the back up-rise in mixed grasp.

When you have reached about 45 degrees above the horizontal during the upswing of back up-rise, pull the knees and feet towards the bar on the side of the overgrasp hand, in order momentarily to step on to the bar in squat position before jumping off on to a crash mat. A spotter must stand in.



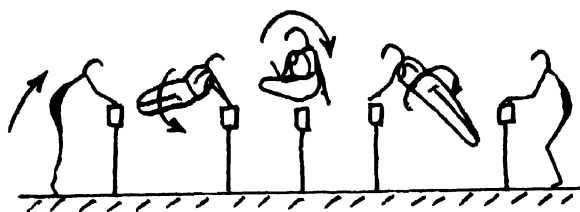
Similar, but vault over the bar without stepping on to it.

Using a beam, practise vaulting over it, trying for the correct position as in the vault. Push hard through the arms, and have a spotter to support the hips from behind in the beginning stages.

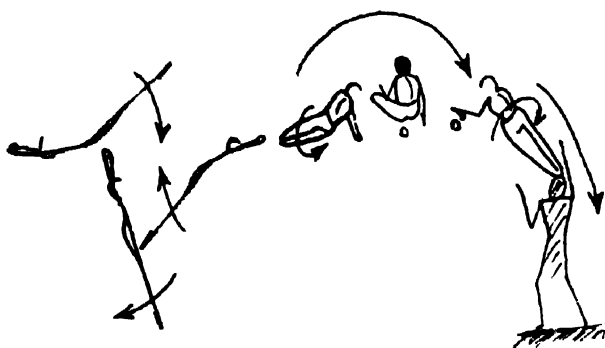


Now practise the vault from back uprise over the bar, to land on a crash mat. At this point, do not concern yourself with regrasping the bar. Concentrate on leading the vault with the hips, and getting the legs parallel to the bar. Have a spotter to assist.

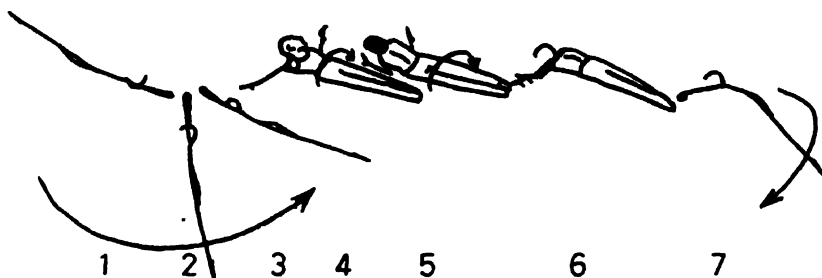
Go back to the first practice, and add the second quarter-turn after the vault over the beam. Emphasize the lead of the hips, and then turn quickly, extending the hips before landing. Practise this until the full half-turn is perfected.



Now try the vault on the bar. At first, try it without regrasping but with the full turn. Gradually, snap off the bar slightly earlier, and then add the grasp. Have a spotter to check the body at the hips as you regrasp. Once you can regrasp, aim to vault higher over the bar.



Back Uprise Pirouette



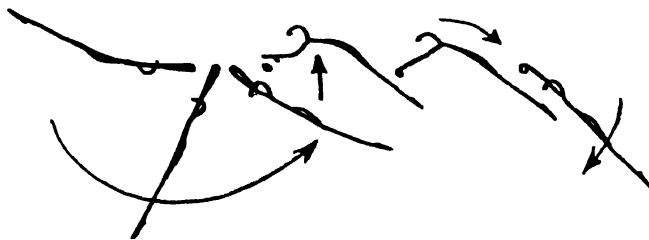
IMPORTANT POINTS

1-3: Swing down in mixed or overgrasp and, at the lowest point, relax the shoulders and continue to swing up the back until the body is at least 45 degrees from the lowest point. 3-7: Pull/press down on the bar with straight arms and begin to lead the head in the direction of the turn. Snap the hands off the bar almost at the same time, with the leading-side elbow tucked by the side of the body which is leading the turn, and the other (right) arm also pulled in front of the chest during the turn. Keep the body straight during the turn and, as soon as you spot the bar, regrasp with the body tight.

PRACTICE EXERCISES

Review the 'Back Uprise to Support'.

From a large rearward pendulum swing in mixed or overgrasp, press/pull down on the bar as you reach around 45 degrees above the lowest point, and snap off and regrasp quickly before beginning the swing back down. Do not press/pull too early in the rearward swing, and do not bend the arms.



Once you can lift off the bar in this practice, try making the turn immediately after lifting off, to land on a crash mat, with a spotter present. In order to make the turn, lead the head in the direction of the turn, and also the leading elbow by pulling it back and round after releasing the bar. Concentrate on the turn, and aim to glance at the bar before landing on the crash mat.



Gradually quicken the turn maintaining the straight body position in the air, and aim to feel the bar with either the leading hand or with both hands before landing. In order to regrasp correctly, each point must be perfected.

Tucked Back Somersault (Salto)

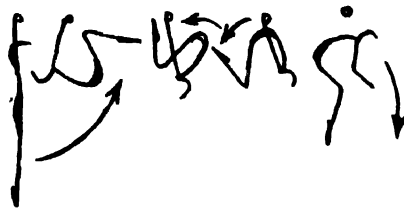


IMPORTANT POINTS

1, 2: In the swing down, stretch through the shoulders and slightly flex the hips. 2, 3: Then, relaxing the shoulders, react with an extension of the body, with your head between your arms. 3-5: Further react with a hip whip-action that will swing through the legs, which should start to flex at the knees, and extend the head backward (some gymnasts in fact keep the head in). Quickly extend through the hips and shoulders, throw the bar away behind you, and then tuck the body to speed up the rotation. Do not tuck until you have released the bar, with extended shoulders. 7-9: Spot the ground, and extend the body for the landing.

PRACTICE EXERCISES

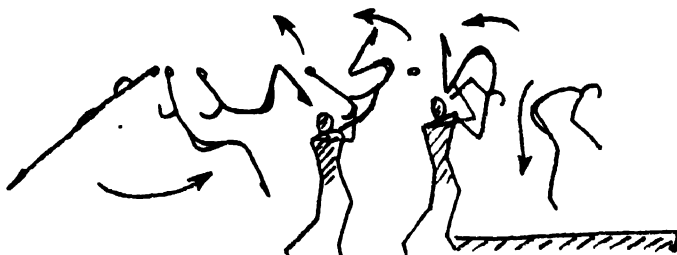
From hang, pull the hips and knees up through the arms, spot the crash mat and release the bar to land.



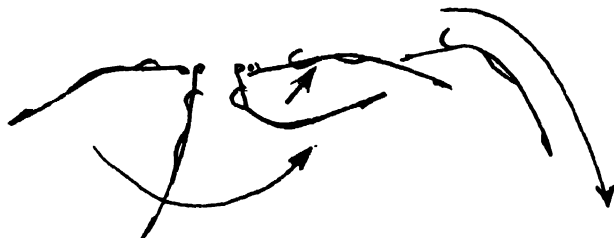
From pendulum swing, tuck the knees to the chest with the hips up and have at least one swing in this position before releasing the bar on the forward swing as the shoulders approach their highest point. A spotter must assist the rotation.



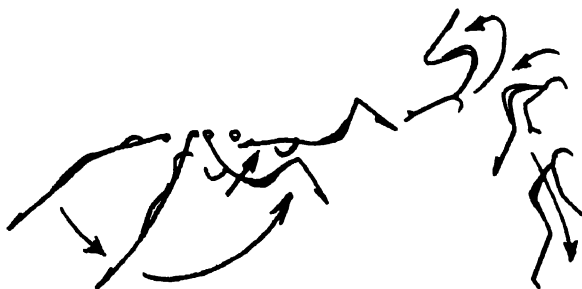
Increase the size of the forward swing, cut out the extra tucked swing, and open up the shoulder-angle at the point of release. Once again, a spotter must be present to assist by lifting the shoulders at the release-point. Repeat, until you can perform this safely by yourself.



Review the 'Forward Swing Dismount', in 'Pendulum Swing', in particular the flexion—extension—flexion—extension to generate momentum for height and flight.



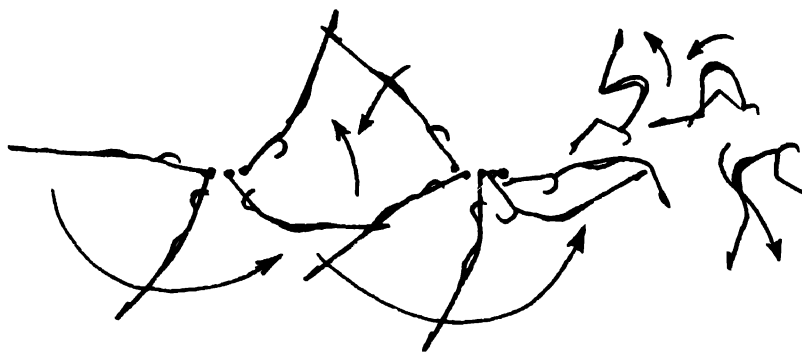
From a good pendulum swing, perform the back somersault. As the forward swing begins, slightly flex the body with rounded upper back, then slightly hyper-extend as you swing under the bar and immediately lead through with the knees flexing the hips and shoulders. Then completely extend the upper body before releasing, throwing the bar away behind you, into the tucked dismount. Have a spotter for the first attempts.



When you can do the back somersault from pendulum swing, try it from a beat-up off the bar. Aim to straighten the arms as early as possible from the beat-up, and to beat up as high as possible, extending into the slightly dishd position for the downward swing.



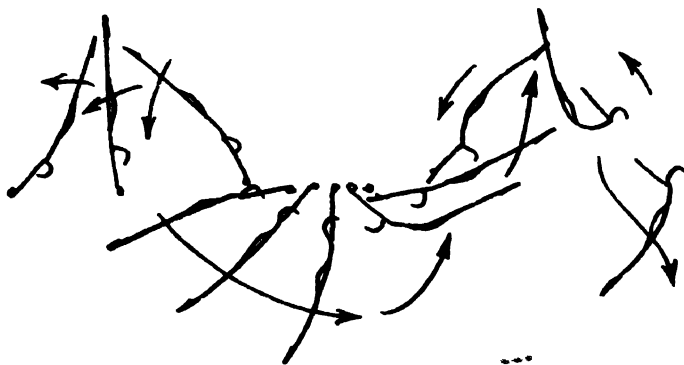
Now perform the back somersault from a longswing and, after you have passed through handstand, round the upper back and slightly flex the hips in preparation for the action-reaction whip-kick through under the bar. Make sure the shoulders are extended before releasing the bar, and have a spotter standing by.



As you gain in confidence, learn to kick the back somersault higher off the bar, and to perform it from different combinations, e.g. forward longswing, top change, etc.

RELATED MOVE

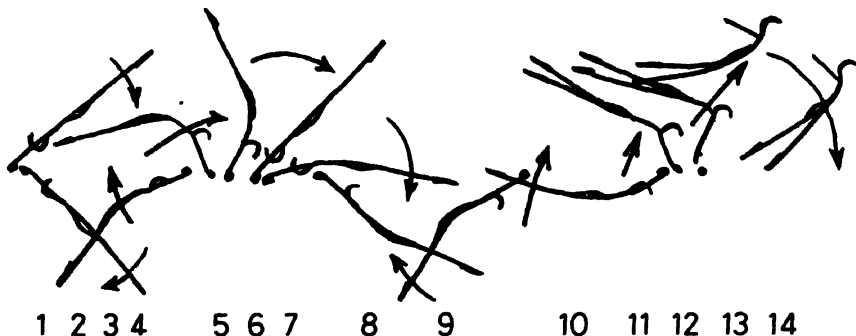
Back Somersault with Straight Body



The tucked back somersault should be learned first, then gradually extend the hips, and extend the shoulders and chest more dynamically off the bar.

Concentrate on speed in the build-up longswing and a strong kick-through under the bar. After releasing the bar, tighten the body so that the hips, lower back and legs are not hollowed.

Straddle Hecht Dismount



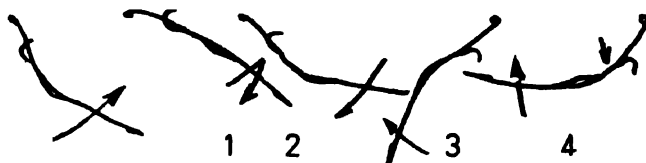
IMPORTANT POINTS

1, 2: Review the 'Forward Longswing', and perform it with speed. 2-5: Lead the upswing with the shoulders, with the upper back rounded, and then flex the hips. As the shoulders pass over the top of the bar, straighten the whole body, extending both the hips and the shoulders. 6-9: Slightly hyper-extend the body until about 45 degrees from the lowest point when the head and hips are flexed, although the shoulders remain extended and relaxed. 9-11: React with a further hyper-extension when the body reaches about 45 degrees above the lowest point on the upswing, using a strong whip-like leg-action and hyper-extending the shoulders. At 10, 11, perform a whip-like flexion of the shoulders, to lift the body. 11-13: As you snap the hands off the bar, the whole body must tighten with slight flexion. Then lift the upper body to extend the chest, which will lead to a more vertical position of the body ready for landing.

PRACTICE EXERCISES

Pendulum swing in undergrasp, and practise the whip-like action.

It is similar to the 'Back Uprise' on parallel bars. 1: At the top of the forward swing, quickly extend the shoulders and hips momentarily to hyper-extend the body with the head flexed forward. 2: As soon as the rearward swing begins, pull in the hips in order to lead the swing. Maintain this position with the shoulders relaxed until the swing reaches near the top. 3-4: Keeping the head and shoulders in the same position, dynamically extend the hips and lift the heels.

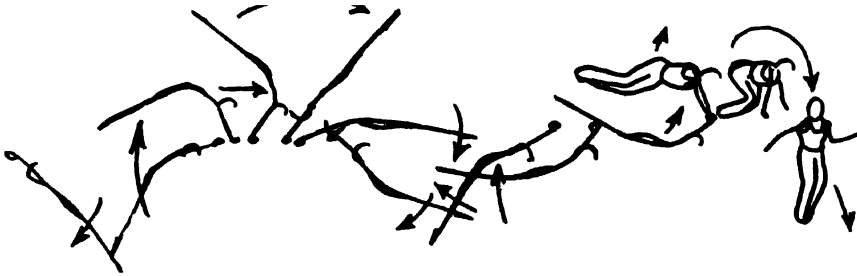


Practise accelerating the forward longswing. 1: As the swing approaches its highest point, pull on the bar to throw the shoulders ahead of the top of the bar, the body slightly flexed and the upper back rounded. 2: Then extend in the shoulders and hips to allow the rest of the body to catch up with the shoulders moving the body into a straight, stretched position.



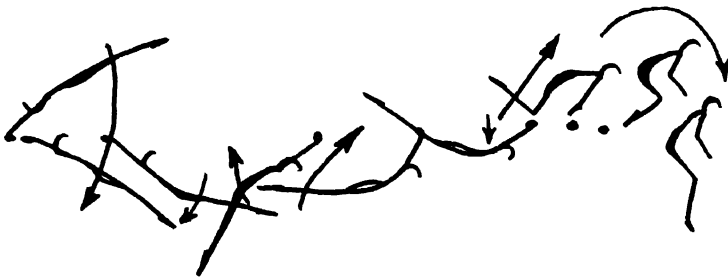
Repeat these exercises many times, and then combine the two techniques and repeat until they are completely harmonized.

Follow this exercise with a sideways vault over the bar, to land on a crash mat. Immediately following the strong whip-action of the legs with the hyper-extended hips and shoulders, pull the bar downward and at the same time pull the knees sideways towards the bar. Then vault over the bar sideways, releasing one hand and continuously pulling the body forward with the other.

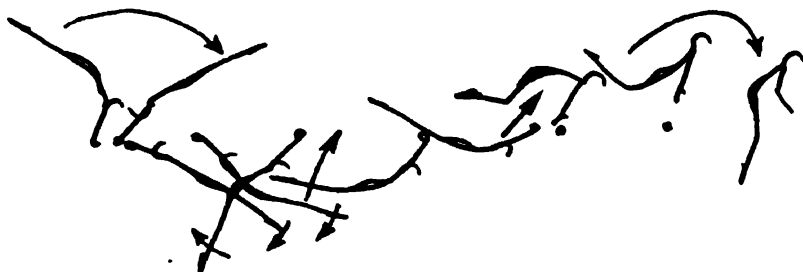


You must have a spotter on each side, and a crash mat.

Now release both hands at the same time, snapping them off the bar, and vault over with the body tucked. During the leg whip-action and following hyper-extension of the shoulders, do not lift the head. Once again, have two spotters and a crash mat.



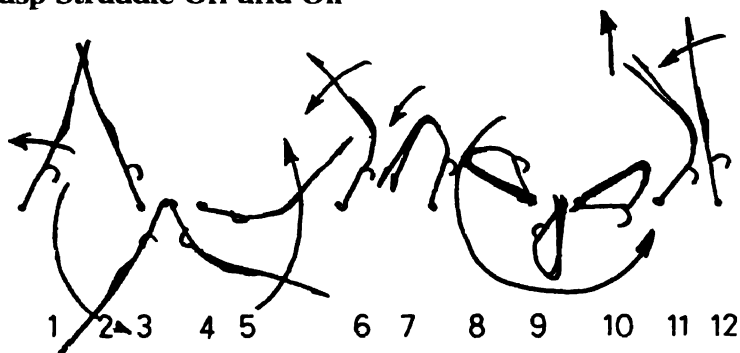
Gradually accelerate the longswing and emphasize the whip-action and now add the extension of the hips and the lift of the upper body immediately following the snap-release off the bar. At this stage, you can still keep the knees bent, and you may have to flex the hips for landing.



Take two or three longswings, accelerating as you go, and emphasize more the whip-action and the following shoulder-extension. Once you can co-ordinate this with a bent-knee Hecht dismount, try to straddle the legs immediately after snapping off the bar (do not straddle the legs before releasing).

When all the techniques of the move are well co-ordinated, you can also try the Hecht dismount with legs together.

Overgrasp Straddle On and Off

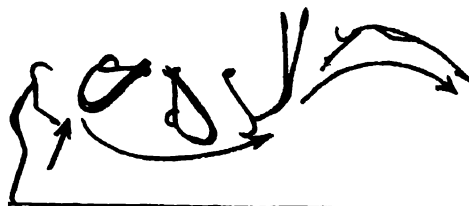


IMPORTANT POINTS

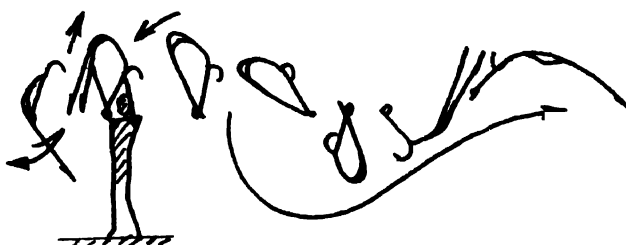
1-4: Review the 'Back Longswing'. 4-6: Begin to flex the hips, keeping the upper body extended, especially at the shoulders. 6-8: Round the upper back, keeping the shoulders extended, and pull the feet towards the bar. When the shoulders are well over the top of the bar, place the feet on the bar outside the hands, with the toes pressing against the bar. 8-10: Keeping the hips away from the bar and the upper back rounded, flex the head and grasp the bar mainly with the fingers to begin the circle. The pike of the hips should deepen as the circle reaches under the bar. 10-12: As the shoulders come level with the bar, begin to extend the hips and the shoulders in order to release the feet without kicking off the bar. The arms remain straight, and the continuous extension of the body and the closing of the legs takes you to a slightly off-balance handstand position, ready for the swing down.

PRACTICE EXERCISES

Jump on to the low bar, at the same time pulling the feet on to the bar with the legs straddled. As the swing begins, extend the knees and round the upper back. As the shoulders start to lift in the forward swing, extend the hips, taking the feet off the bar, and extend the shoulders into a high underswing dismount position. Aim for as tight a pike as possible as the body swings under the bar.

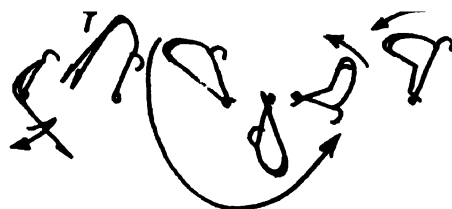


Now, beat up from the bar, place the feet on the bar, and repeat the exercise, keeping the head in during the downswing. At first, have a spotter to correct the position at the beginning of the swing.



With the aid of bent knees during the upswing, beat up and complete a straddled sole circle.

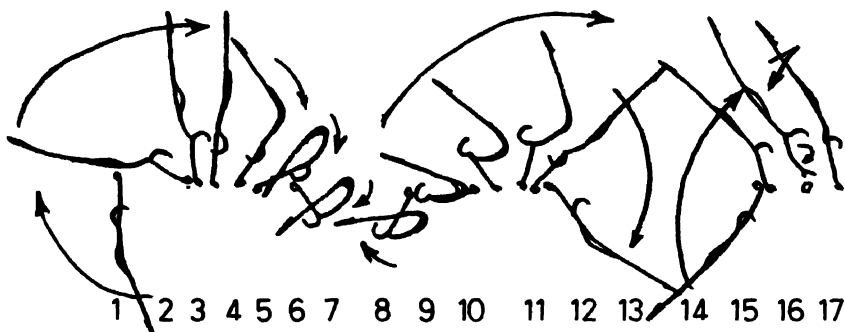
Repeat it three to four times, aiming to accelerate the circle, and to reduce the amount of knee-bend.



Beat up high, swing down and, as you swing under the bar, begin to flex hips with shoulders relaxed and extended. During the upswing, round the upper back and pull the feet towards the bar, placing them on it when the shoulders have moved over the top of the bar. Then continue the straddled sole circle round the bar.



Squat Dislocate



IMPORTANT POINTS

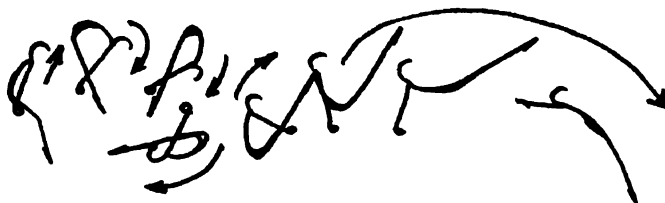
1-4: Perform an undergrasp longswing, but, instead of flexing the hips on the upward swing, put in a slight whip-action to lead with the heels. As you come towards handstand, round the upper back in order to prepare for the stoop in. 5, 6: Extend through the shoulders, pushing away from the bar, and stoop the legs in between the arms, keeping the widest possible shoulder-angle. 6-8: Keep the hips close to the bar, knees on the face, the shoulders swinging strongly. The upper back must remain rounded and the body tight. 8-10: As the shoulders begin their upward swing, also drive the hips upward. 11-13: Turn the grip and push the bar downward and rearward together with the extension of the hips. At the end of this stage, the shoulders must be dislocated and the body extended, in elgrip, ready for the longswing. 13-17: Review the 'Back Uprise to Support'. Put in a slight whip-action underneath the bar to drive the body upward before the hop-change. As soon as the hop-change is completed, tighten the body, rounding the upper back.

PRACTICE EXERCISES

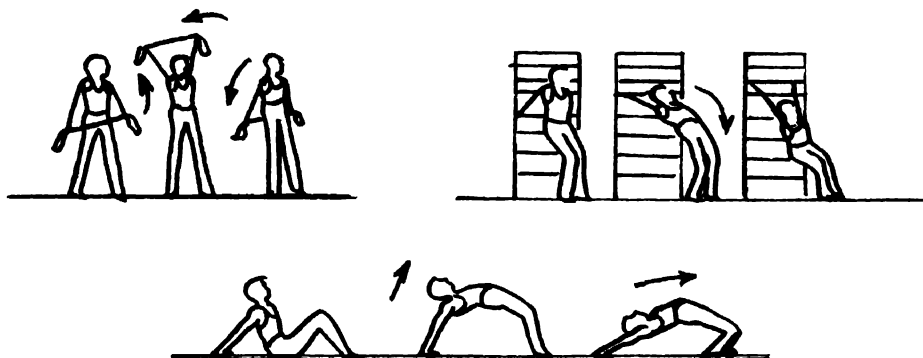
In order to get the feeling of the forward circle, sit on the low bar in undergrip and practise a knee circle round the bar, with a crash mat under the bar. Gradually add more speed, then pull the knees towards the chest (away from the bar).



Once you feel confident with this, as you push off the bar lift the hips and bring the heels towards the bar. Then perform the circle, and extend the hips and legs over the top of the bar, pushing off the bar to land on a crash mat. At the bottom of the swing you should be tightly piked, with your knees on your face and the shoulders circling strongly. Then start to drive the hips upward. Have a crash mat under the bar.



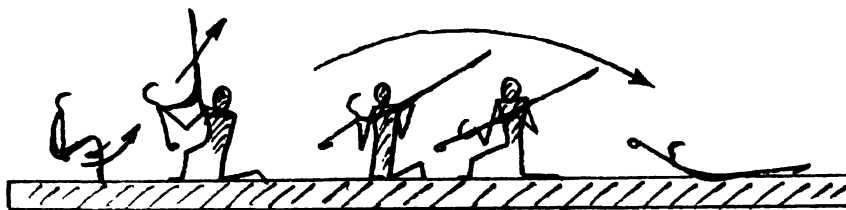
In order to increase shoulder flexibility, necessary for this move, you can practise the dislocate action using elastic tubing, a bar, etc.



Sitting on a mat, reach back and grip the edge of the mat in reverse grasp. Then push up into a bridge, and push the bridge forward without moving the grip to dislocate in the shoulders.

Build a platform with a crash mat on top, under the low bar.

Sitting on the bar, swing the legs up to lift the hips and push the body out forward, and with the help of one or two spotters extend the body and dislocate in the shoulders, to sit in an extended position on the crash mat.



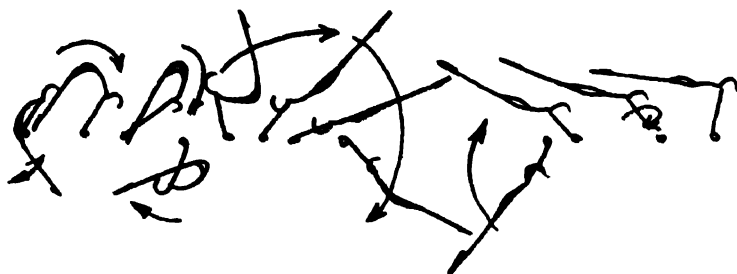
You may have to slide out the grip as you extend the shoulders and hips. If you do not need to slide out the grip, you can concentrate on pushing the body forward and upward to widen the shoulder-angle.

In undergrasp, beat up on the low bar and stoop in. Keep the hips close to the bar with the shoulders swinging fast. Then drive the hips and legs upward and forward, push out in the shoulders, and perform a squat dislocate, with the aid of a spotter to assist the extension and dislocation.



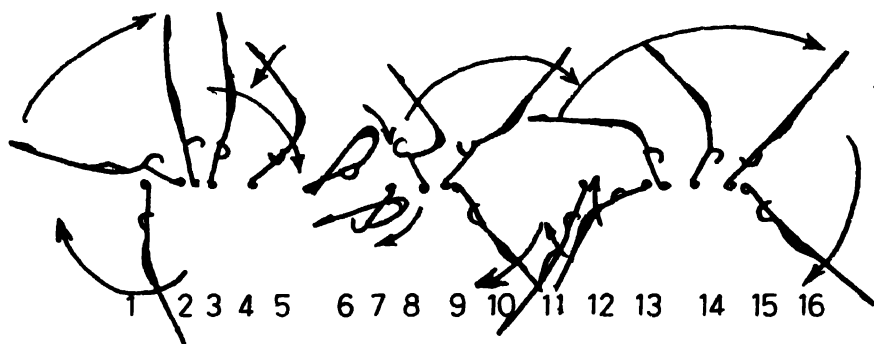
On the high bar, from a small pendulum swing in elgrip, when the rearward swing is nearly at its highest point, hop-change to overgrasp.

Now combine these two on the high bar. Have a spotter, on a platform, to assist the dislocation, and land on to a crash mat.



When you are confident, beat up to handstand before stooping in. Concentrate on forming a tight pike, and leading with the hips into the dislocation.

Elgrip Longswing



IMPORTANT POINTS

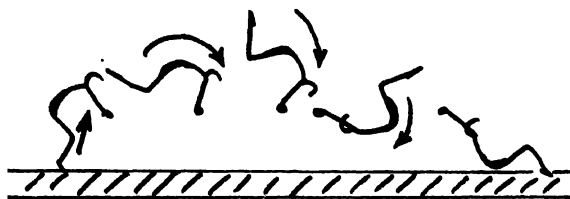
1-10: Review the 'Squat Dislocate'. 11-13: Begin to flex the hips, and lead with them for the upswing. 13-15: Pull on the bar, and lead the swing over it with the shoulders, straightening the body for the downswing. 15, 16: Push the bar away to extend the body.

PRACTICE EXERCISES

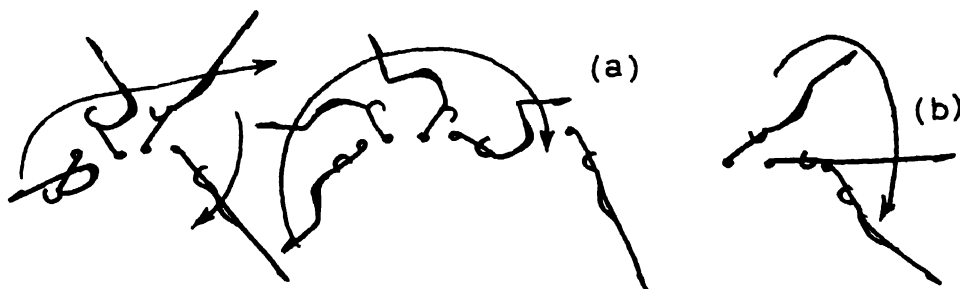
The squat dislocate must be perfected, with the extension of the body and dislocation, coming out at least 45 degrees above the horizontal.

Form a platform with a crash mat on top under the low bar.

Then, in elgrip, take off both feet and perform a forward roll over the bar, keeping the arms straight.



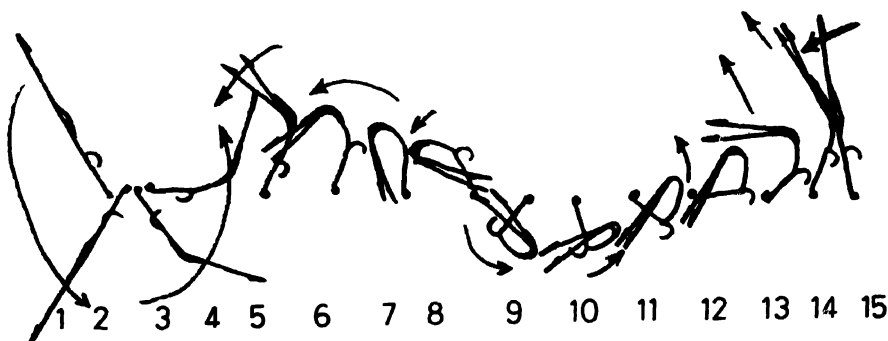
Now place a trampette or springboard at the end of the platform facing the low bar, and perform this exercise with more height. As soon as the shoulders come over the bar, aim to stop them and allow the rest of the body to catch up so that you can extend the body before landing on the crash mat. A spotter can help to stop the shoulders.



(a) Now try the last two exercises after performing a squat dislocate. At first, as soon as the swing in elgrip passes the lowest point, begin to round the upper back and to bend the knees and hips.

(b) Gradually extend the knees during the elgrip longswing. If you have flexible shoulders and wrists, you can perform the move in a similar way to the forward longswing.

Stalder



IMPORTANT POINTS

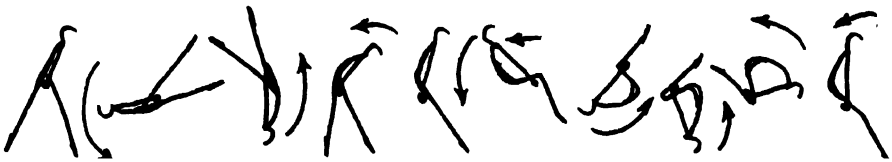
1, 2: Review the 'Back Longswing'. Begin to lead with the toes, shoulders relaxed.
 3, 4: Begin to flex the hips, keeping the shoulders extended. 4-6: Flex the hips deeper, maintaining the shoulder-extension, and turn the grip over the bar. 6-8: Keep the hips high, round the upper back, and pull the feet in above the bar.

Maintain the momentum of the swing. 8-10: Keep the upper back away from the bar and pull the feet in towards the shoulder, forming a tight pike under the bar. 10-15: As the upswing begins, lead with the hips and start to open up the shoulder-angle with the upward swing. Keep the upper back rounded, and, without bending the arms, utilize the swing to extend the hips and shoulders, taking the body into handstand.

PRACTICE EXERCISES

Try the back mill circle.

Now, with both legs on the bar, perform the back knee circle, and repeat it two to three times in a row.



Gradually free the knees from the bar, and then straddle the legs outside the arms. Straighten the knees, and then circle backward with the legs completely free from the bar.

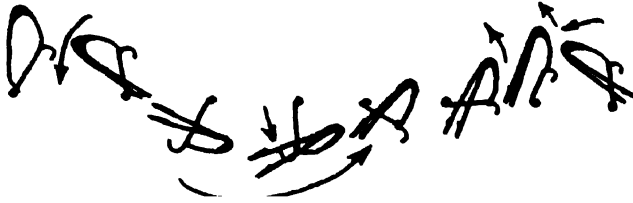


Jump on to the bar in straddle-hang, and repeat two to three pendulum swings in that position. When the swing reaches its lowest point, pike the body tight to accelerate the swing.

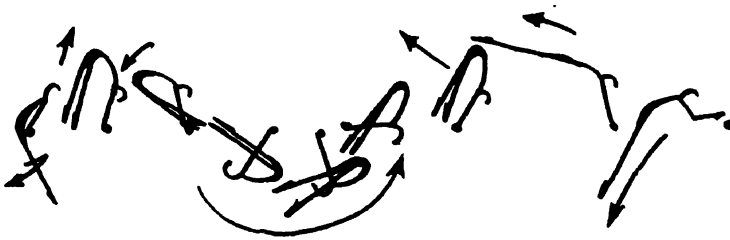
Now repeat the penultimate exercise, concentrating on the tight pike at the bottom of the swing.



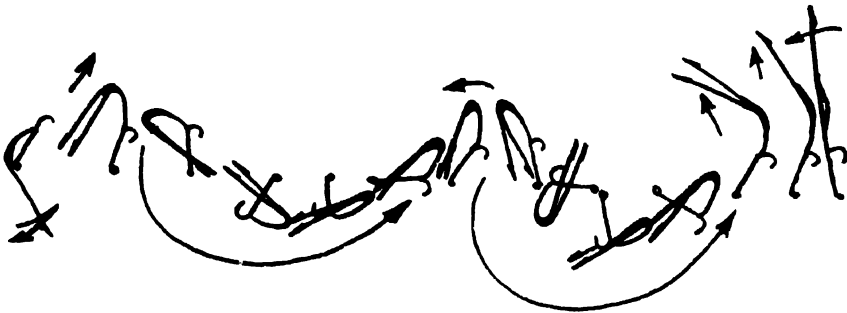
As you obtain more speed in the swing, at the end of the circle lift the hips by extending the shoulders, opening the shoulder-angle, and repeat the circle two to three times in a row. Concentrate on the placement of the hips, which should be as far away as possible from the bar at the beginning of the downswing, and on the tight pike at the bottom of the swing.



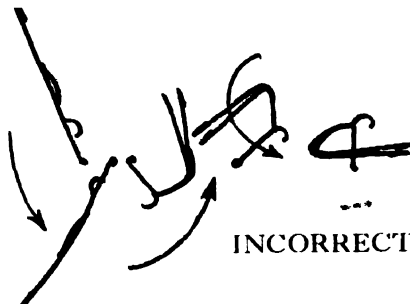
Perform this with as much speed as possible and, at the end of the circle, extend the hips and straighten the body. At first, lift the hips and extend the shoulders completely, to clear the feet over the bar, before extending the body.

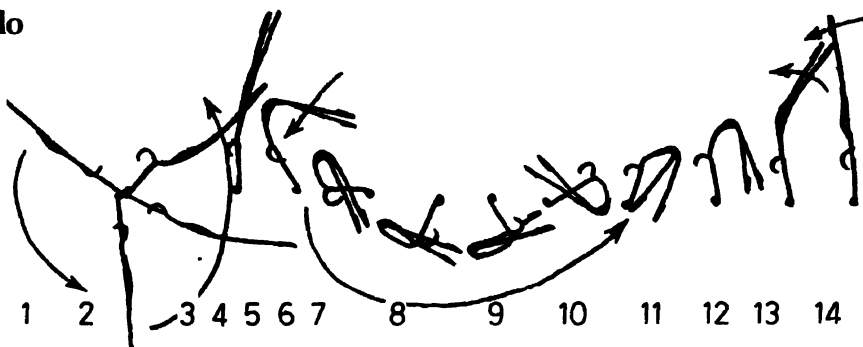


Now, after two to three straddle-circles, extend the hips and body to handstand. Aim to feel the timing of the hip extension so that the body will straighten to handstand. Keep the upper back rounded throughout and the arms straight.



Review the beginning of the move, the straddle-circle in, and concentrate on keeping the shoulder-angle wide; NOT as below.



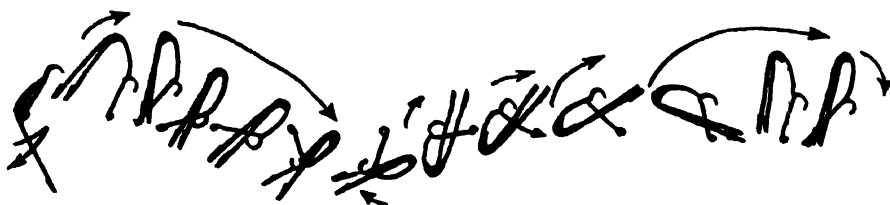
Endo**IMPORTANT POINTS**

1, 2: Review the 'Forward Longswing'. 2-5: Extend the body and lead with the heels for the upswing. As you come to handstand, completely extend the shoulders and begin to straddle the legs and flex the hips. 6-8: Keeping the shoulder-angle wide, pull the feet towards the bar and over the head, to lead the circle. As the circle approaches the lowest point, pike in deeper, with the head flexed forward. 9-11: Maintain the pike, and begin to open the shoulder-angle in order to lift the hips. 11-14: Lead with the rounded upper back, as well as extending the shoulders, in order to lift the hips. When you are close to handstand then extend the hips to straighten the body, at the same time closing the legs as you pass over the bar.

PRACTICE EXERCISES

Review the fourth practice exercise of the 'Stalder'.

On low bar, beat up by extending the shoulders with a rounded upper back, in undergrasp, with the feet lifted some 15-20 cm (6-8 in) above the bar. As soon as the forward circle begins, pull the feet towards the face keeping the shoulder-angle wide and, as the circle reaches its lowest point, deepen the pike by pulling the knees towards the shoulders. Then, on the upswing, start to widen the shoulder-angle maintaining a deep pike. At the top of the circle, the shoulders should be completely extended with the hips above the hands.



Perfect this before moving on to the next step.

Perform this two to three times to build up speed and then, as you come to the top of the upswing, lean the shoulders slightly ahead of the bar and try to extend the hips with the momentum of the circle, leading the lift with the upper back until the body is straightened for the following longswing.

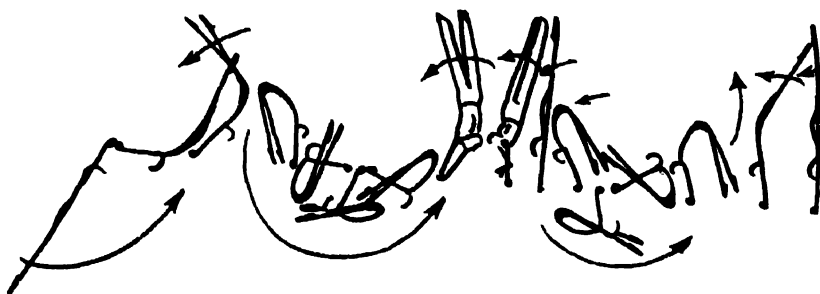
You must aim to extend the body in a momentary handstand position.

For the timing of the straddle in at the beginning of the move, review the stoop in for the 'Squat Dislocate'.



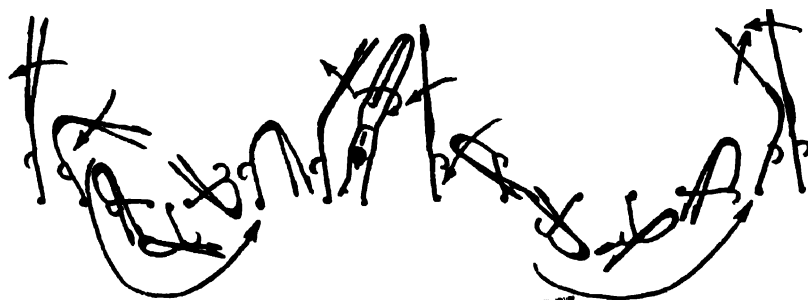
SOME RELATED COMBINATIONS

Stalder to Half-turn to Endo

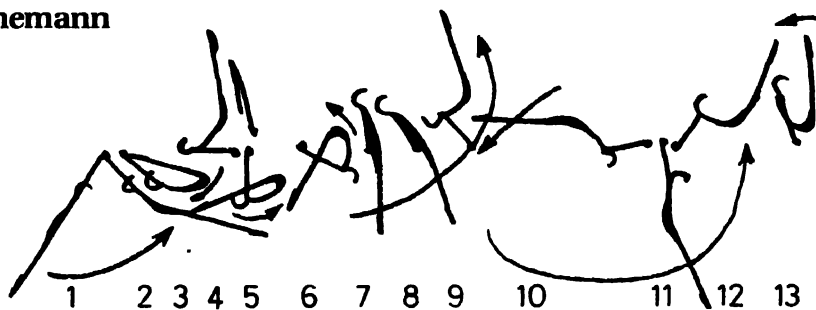


At first, practise stalder to handstand to half-turn, and gradually begin to turn earlier until the half-turn is completed in handstand. Lead with the shoulders and stretch through the axis arm and extend the hips, in order to turn. Try straddle-lift to handstand to half-turn to fall on your front on a crash mat. When the half-turn is perfected in handstand, you can add the endo.

Endo to Half-turn to Stalder



Once again, perfect the half-turn to handstand; review the top change. Then add the stalder, performing the transition from endo to stalder as smoothly as possible.

Steinemann**IMPORTANT POINTS**

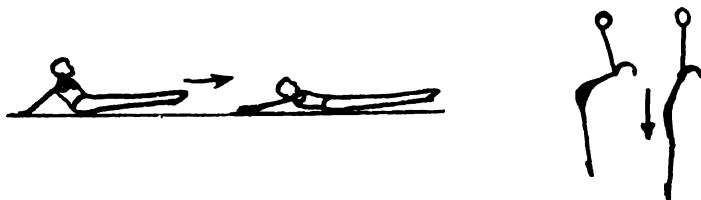
1-7: Review the 'Reverse Upstart'. 7-9: After turning the grip, stop the feet and extend the body by leaning the shoulders backward. Then react from this extension to swing the legs upward, flexing at the hips, and push on the bar to open the shoulder-angle in conjunction with the beat-up. 9-11: As the shoulders pass the horizontal, maximize the shoulder- and hip-angles. 11-13: After a total relaxation of the shoulders at the lowest point, lead the upswing with the feet. Then turn the grip, at the same time pulling the shoulders towards the bar.

PRACTICE EXERCISES

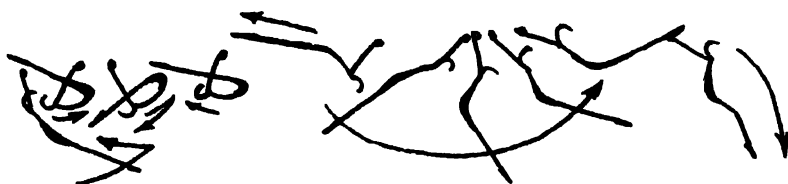
Practise a small pendulum swing in Steinemann position, with the shoulders as extended as possible. Then gradually build up the swing.



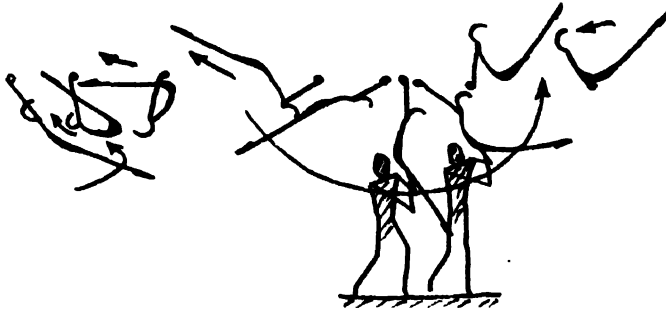
Work regularly on a number of shoulder-flexibility exercises, for example:



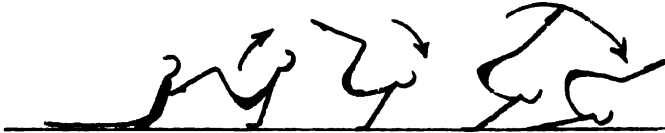
From small pendulum swing, stoop the legs through and perform one swing in the piked position, then cast out to extend the body with the rearward swing, and swing forward in the Steinemann position. At the front of the swing, push off the bar.



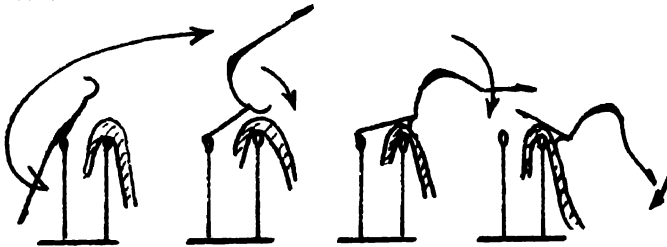
Stoop through and immediately extend the Steinemann position, and swing up forward to uprise and sit on the bar. Have a spotter to aid the uprise.



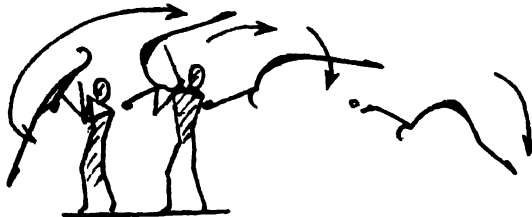
Sit on the edge of a mat with legs straight, holding the edge of the mat. Lean the shoulders backward, at the same time flex the hips quickly to lead the feet upward, and push on the mat to lift the body. Before falling back on the mat, on your upper back, lift the hips as high as possible to maximize the shoulder-angle.



Try the same type of exercise, this time from sitting on one bar of the low parallel bars. Cover the other bar with a thick mat, cast up and back, and backward roll off the covered bar.



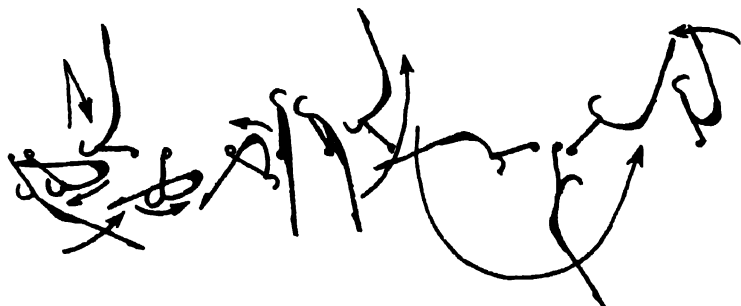
Now try the cast backward on a low bar with the aid of a spotter.



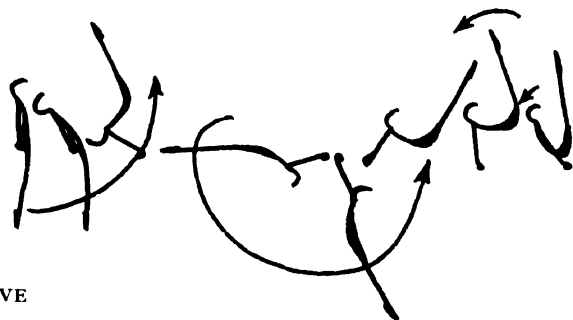
First, review the 'Reverse Upstart', and then combine it with the cast backward, with a spotter to assist. The cast must be completed before the shoulders reach the level of the bar. Keeping the hips flexed and the upper back rounded, aim to widen the shoulder-angle. Repeat this many times until the transition from the reverse upstart to the cast backward is thoroughly mastered.



Combine this exercise with the fourth. The total relaxation of the shoulders and the forward whip-action must be added to the forward upswing in order to accelerate the upward momentum. Then concentrate on the turn of grip and pulling the hips to the bar, to come to back support.



Gradually put more emphasis on the shoulder-relaxation and following lead upward of the feet, and keep the hips as high as possible as you pass over the top of the bar.



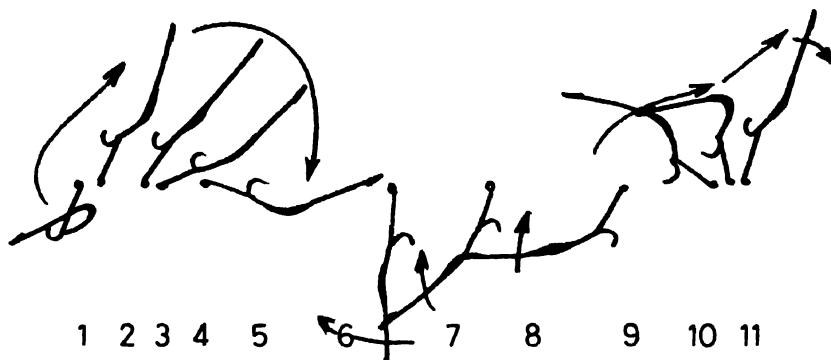
ADVANCED MOVE

Double Steinemann



At first, get some extra lift in the upswing from a spotter and then, instead of pulling the hips towards the bar at the top of the upswing, lean the shoulders back and lead the swing with the feet, with a widened angle at the hips and shoulders. Also, extend the head slightly backward. Aim to maximize the action at the bottom of the swing in order to accelerate the upward momentum for the swing over the bar into the second Steinemann.

Russian Longswing



IMPORTANT POINTS

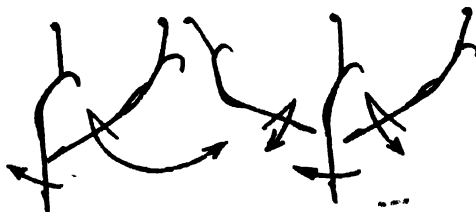
1-3: Review 'Elgrip Longswing', but do not have the shoulders completely dislocated. 4, 5: Flex the head forward and begin to lead the swing with the hips. 6-8: In co-ordination with totally relaxed shoulders, react with a hip whip-action to lead the upward swing with the heels. Keep the head in. 9, 10: Now react from the hollowed body and flex the hips to lead the upswing. At the same time as flexing the hips, turn the grips sharply. 10, 11: Keeping the hips high, push on the bar to extend the hips and shoulders, ready for the downswing. Do not fully dislocate the shoulders at any point in the longswing.

PRACTICE EXERCISES

Hang on the bar in elgrip and inlocate the shoulders half-way with the head flexed forward.

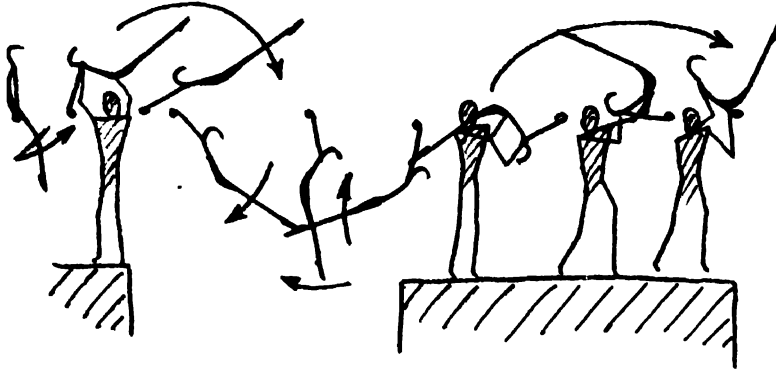
Generate a pendulum swing in this position.

It is important to keep the shoulders relaxed and, on the rearward swing, practise the hip whip-action. On the forward swing lead with the feet to flex the hips.

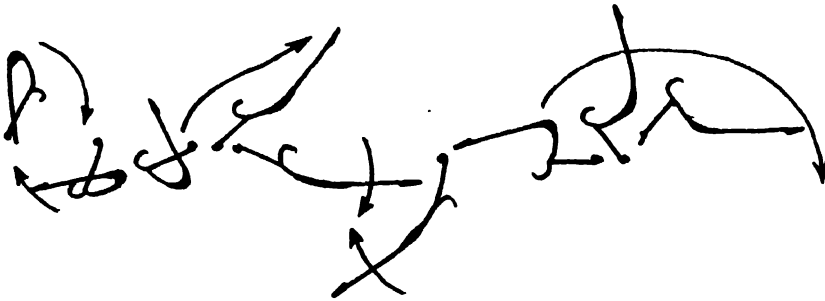


With one or two spotters, cast out forward from sitting on the bar, swing down and back and uprise backward, turning forward to sit back on the bar.

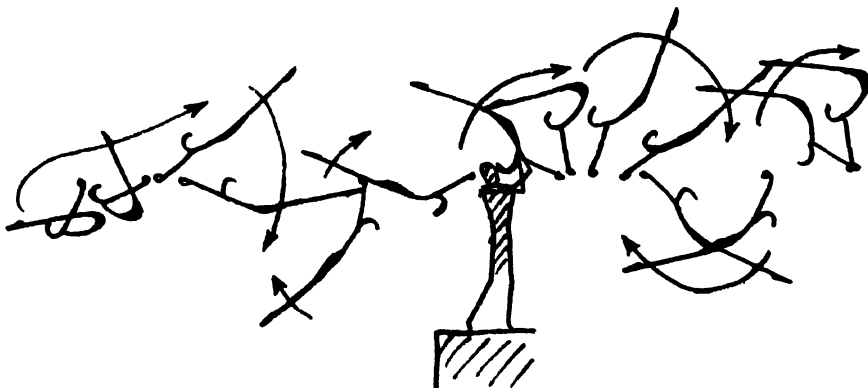
Review the 'Squat Dislocate'. Now perform the previous exercise from a squat dislocate, but, instead of coming back to support on the bar after the uprise, lift



over the top of the bar and jump off forward into a crash mat. Concentrate on the strong whip-action and the shoulder relaxation during the swing. Try to maintain the semi-dislocate position of the shoulders.

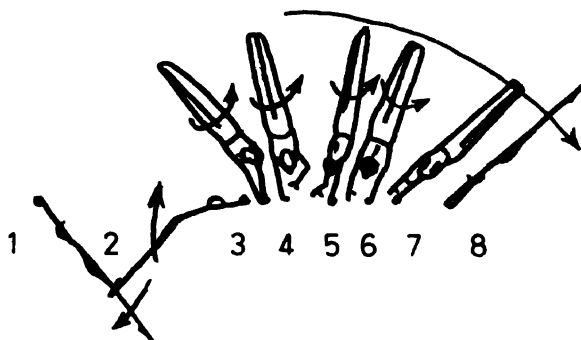


Now, instead of jumping off, try to execute another longswing with the aid of a spotter. You will need sufficient whip-action to obtain the necessary upward momentum, and the spotter should support the shoulder to aid the upward swing.



Excessive dislocation of the shoulders and insufficient flexion of the head and hips often causes the move to be like an elgrip longswing, so concentrate on these two aspects of the Russian longswing.

Healy Turn



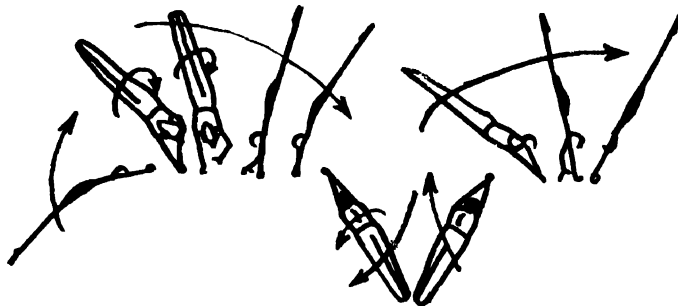
IMPORTANT POINTS

1-3: Review the 'Top Change', but generate more speed in the forward longswing.
 3-7: Lead with the shoulders to make the full turn, and keep the axis (left) arm stretched and extended through the shoulder, turning without hesitation. While making the turn, watch the bar, and when the turn is complete bring the head back between the arms. 7, 8: With extension through both shoulders keep the body stretched for the rearward swing.

PRACTICE EXERCISES

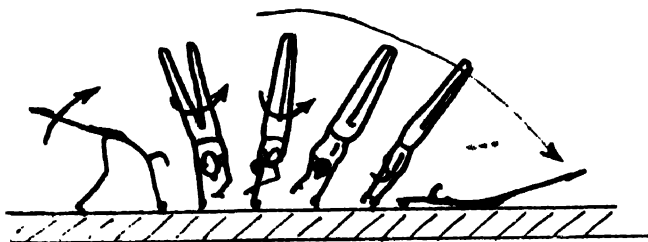
Practise the 'Top Change' until you can make the turn quickly before reaching handstand.

As soon as completing the half-turn, cross-hand the free (right) hand over the axis (left) hand.



After the half-turn and as soon as you have regripped in cross-hand grasp, make a further half-turn as the downward swing begins.

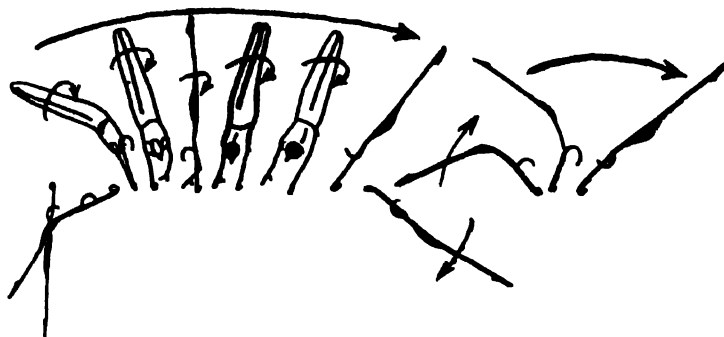
Using a crash mat platform under a low bar, or using a handstand bar, kick to handstand and execute the full (Healy) turn (one hand in elgrip). Practise until the turn can be executed without any sideways tilt of the body, and make the full turn before regripping the bar.



Now try the full move, and aim to straighten out the body after making the full turn, and to make the turn without hesitation.

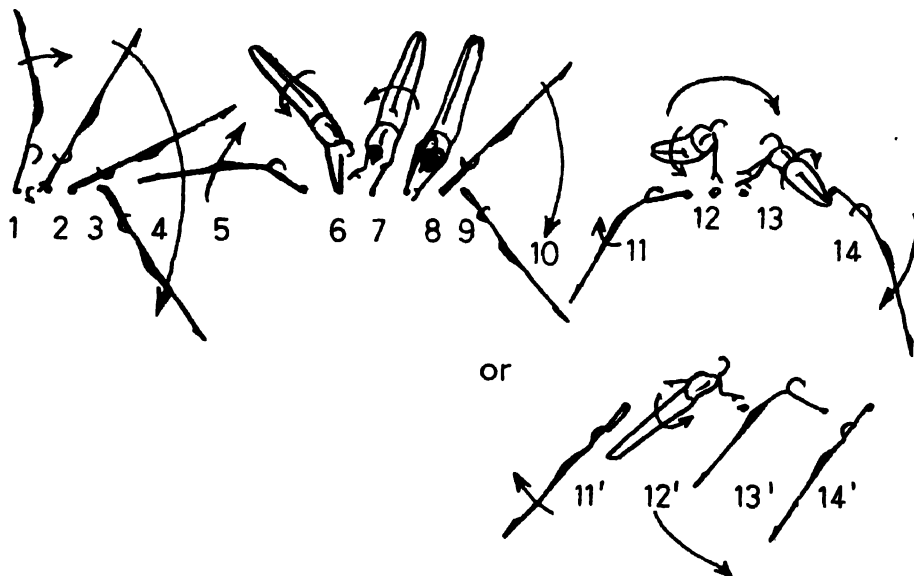
RELATED COMBINATIONS

Healy Turn to Elgrip Longswing



Perfect the Healy turn first, and use exercise four to practise the turn into elgrip. Also, you can at first try to regrasp in undergrasp with the free hand and then roll the hand on the bar into elgrip.

Forward Longswing One Grip Change to Elgrip to Full Turn to Rear Vault or Pirouette



IMPORTANT POINTS

1, 2: With good speed in the forward longswing, lead with the shoulders and, as the body passes the handstand, roll one hand on the bar from undergrasp to elgrip.
3-5: Lead the upswing with the shoulders and a rounded upper back. 5-9: Before reaching handstand, push off the bar with the undergrasp hand, at the same time turning the elgrip hand with support position in order to establish the axis arm for

the full turn. Put the weight on the axis arm with the shoulder completely extended. Keep watching the bar, lead with the free hand to complete the turn, and regrasp in mixed grasp. 9, 10: After completing the turn, bring the head in between the arms and extend the shoulders and body, ready for the downswing. 11-14: Review the 'Rear Vault', OR the 'Back Uprise Pirouette'.

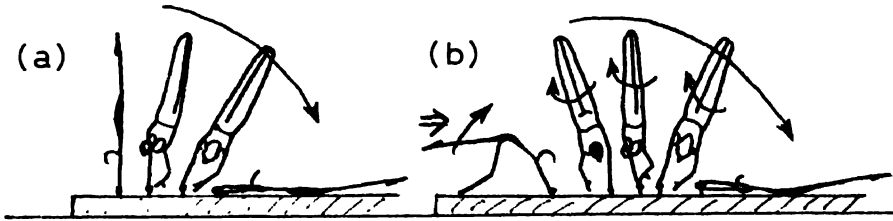
PRACTICE EXERCISES

Review the practices for 'Healy Turn'.

On the floor, kick to handstand and half-turn. Gradually turn quicker until you can complete the half-turn by the time you get to handstand.



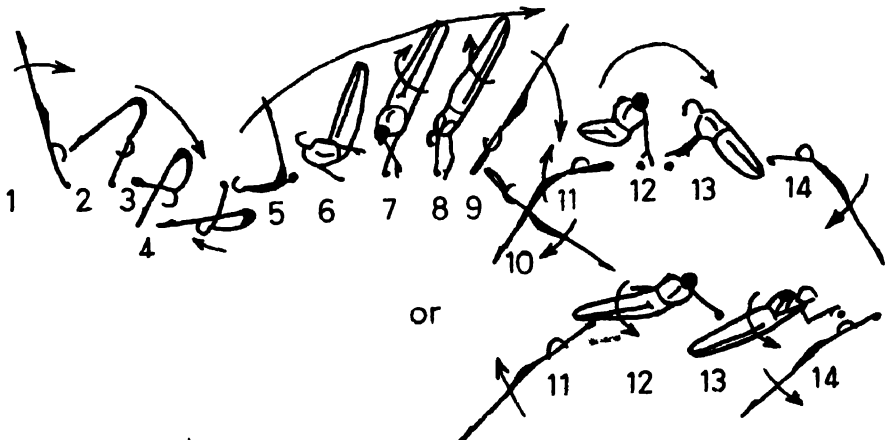
- (a) Using a crash mat platform under the low bar, or a handstand bar, perform the second half-turn from handstand.
 (b) Then proceed to execute the whole turn.



Aim to shorten the length of time for the turn, and to turn without any sideways tilt. Master this exercise before progressing to the next step.

With a spotter standing by, try the whole turn on the high bar, and perfect it before adding the rear vault or pirouette.

Squat Dislocate to Full Turn to Rear Vault or Pirouette

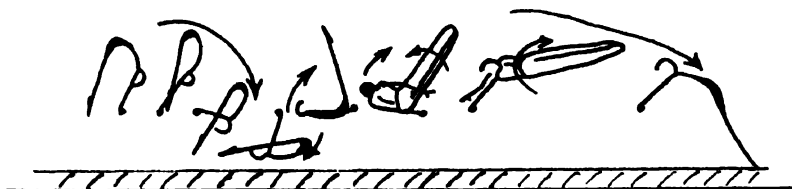


IMPORTANT POINTS

1-5: Review the 'Squat Dislocate'. 6-9: As soon as the hips pass above the level of the bar, extend the feet in the direction of the turn, and push down on the bar to widen the shoulder-angle of the axis (left) arm. The extension of the body, the widening of the shoulder-angle and the turn must be executed at the same time. During the turn, keep the upper back slightly rounded, and the axis shoulder extended. Turn completely before regrasping the bar with the free hand in undergrasp. 8-10: Keep the body tight, extend in the shoulders and begin the rearward swing. 11-14: Review the 'Rear Vault' or the 'Back Uprise Pirouette'.

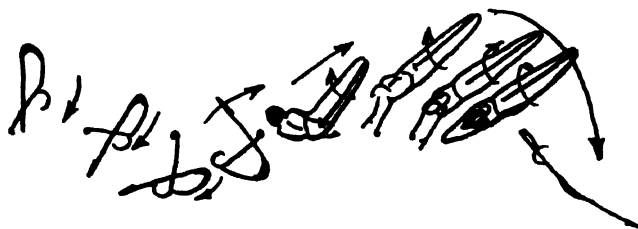
PRACTICE EXERCISES

On the low bar, perform a free forward circle and, as the hips rise above the level of the bar, extend them and push out the feet in the direction of the turn and face the head towards the turn. Emphasize the extension of the axis shoulder, and push out to land on a crash mat.



Add more speed to the move, and begin turning earlier, with a strong push on the bar. Aim to complete the half-turn above 45 degrees without any sideways tilt. When this is perfected you can move on to the next stage.

Now add the second half-turn. As soon as the first half-turn is completed, continuously move the free (right) hand under the axis arm to regrasp in undergrasp. Aim to speed up the turn, and to complete it before regrasping. Concentrate also on a strong push through the axis arm while turning.



When the turn can be completed high and square, try it on the high bar. Review the 'Rear Vault' or 'Back Uprise Pirouette' before combining with the full turn.

Voronin Hop**IMPORTANT POINTS**

1-3: Review 'Straddle Hecht Dismount' but emphasize the body-extension more. 3-6: React with a strong whip-action, slightly earlier than in the 'Hecht Dismount'. After snapping hard off the bar, project the body upward above it. 6-10: As soon as you release the bar, turn the body over the bar with a slight pike.

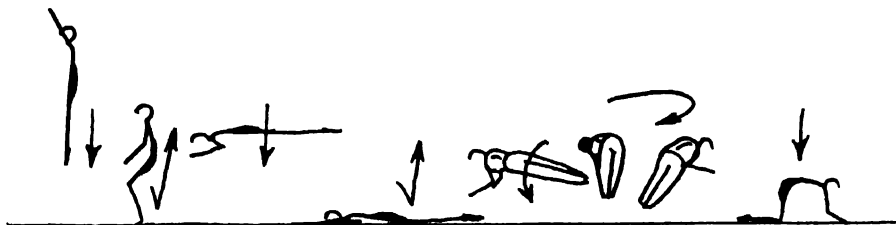


Keeping the hips above the feet, regrasp with the body still slightly flexed, and push the bar away from the body to begin downswing.

PRACTICE EXERCISES

In pendulum swing, practise just the exaggerated whip-action: hyper-extension—flexion—extension.

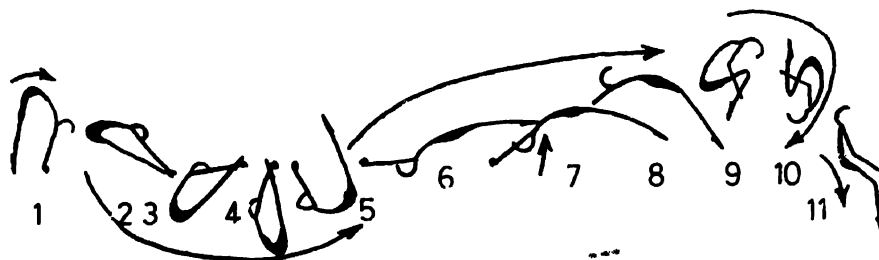
Using a trampoline, practise the vault-turn after a stomach drop, to land on your hands and knees. Remember to keep a slight pike, with the hips above the feet in the turn.



Now practise the hecht and turn over the bar on the high bar, to land on a crash mat without trying to regrasp. A spotter must be present to aid the landing.

When you have perfected the timing of the whip-action, hecht and turn, you can try to regrasp the bar, remembering to push the bar away from the body when you regrasp. A spotter must be present to steady the body at the point of regrasp, with a thick crash mat under the regrasp side.

Shoot Front Somersault



IMPORTANT POINTS

1, 2: Round the upper back to maintain a wide angle between the chest and arms. As soon as the shoulders pass over the bar, stoop the toes on to the bar and push the

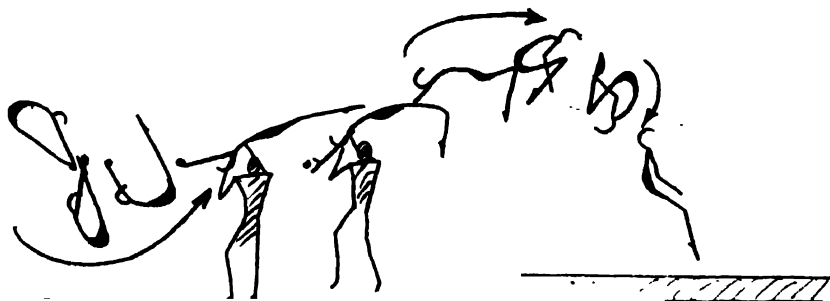
hips away from the bar, as you begin the downswing. 3, 4: As the hips approach the lowest point of the swing, tighten the pike, with the head between the arms. 4-6: As the shoulders pass the vertical, drive the feet upward off the bar at about 45 degrees, continuing to swing the shoulders upward. 6-8: Keeping the feet up high, extend the shoulders, chest and hips before releasing the bar. 8-11: After snapping off the bar, the body should be hyper-extended for a moment, before flexing into the tucked position for the forward somersault. The body then opens out for the landing.

PRACTICE EXERCISES

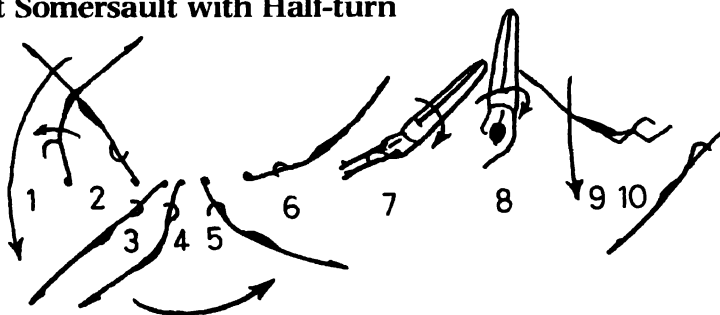
Review the first two of 'Overgrasp Straddle On and Off', and then try them in the stooped position.

Add the correct technique for the dismount, in particular the hyper-extended body with the extension of shoulders, chest and hips.

Try the full move with the aid of a spotter, at first with a medium-height bar, and with a thick crash mat. The spotter should aid the lift of the shoulders at the point of release. Concentrate on the hyper-extension of the body before reacting into the tucked front somersault.



Front Somersault with Half-turn

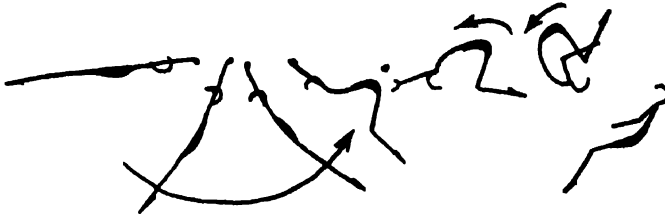


IMPORTANT POINTS

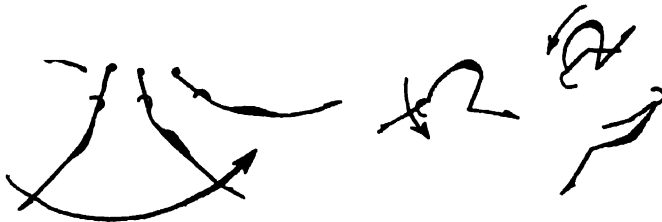
1-3: Review the acceleration of the forward longswing in the 'Straddle Hecht Dismount'. 3, 4: Execute the hip whip-action slightly earlier than in the hecht dismount. 5-7: Lead the upward swing with the heels, maintaining the extension of the shoulders and the body, and the slightly flexed head. As you snap off the bar, move the head in the direction of the turn, to watch the point of landing. 7-10: The head leads the turn, and the opposite arm from the turning side (right) pulls in to the chest, with the chest extended. The body then straightens, and the arms extend for the landing.

PRACTICE EXERCISES

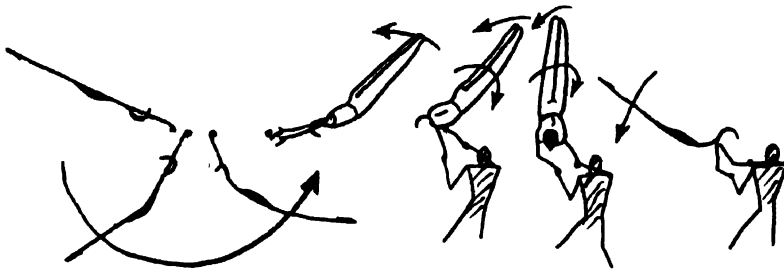
Practise a simple front away dismount from a good pendulum swing. As you swing under the bar relax the shoulders and, before the rearward swing reaches its highest point, tuck the body and release the bar, to land on a crash mat.



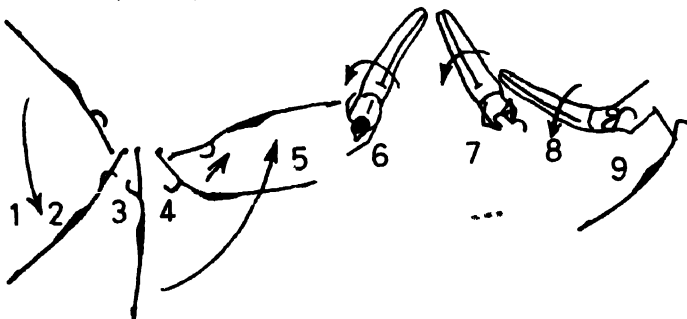
The same, but practise using the whip-action.



Swing above the level of the bar, put in the whip-action and, as the body comes level with the bar, release the bar, keeping the body straight. After releasing, extend the head to look for the spotter, and grip his hands so that he can aid the turn and the landing, on to a crash mat. Repeat this until you feel confident to perform the move on your own, and then concentrate on a faster swing and stronger whip-action in order to execute a higher dismount.



Back Somersault (Salto) with Full Turn



IMPORTANT POINTS

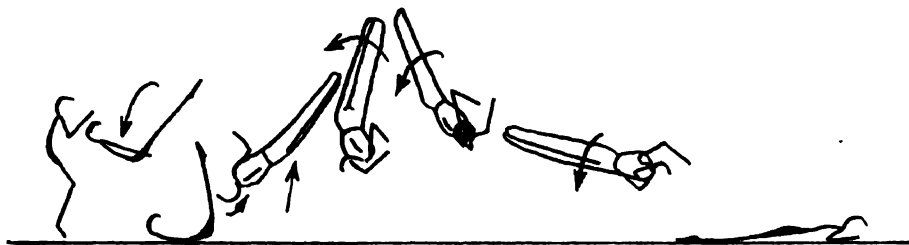
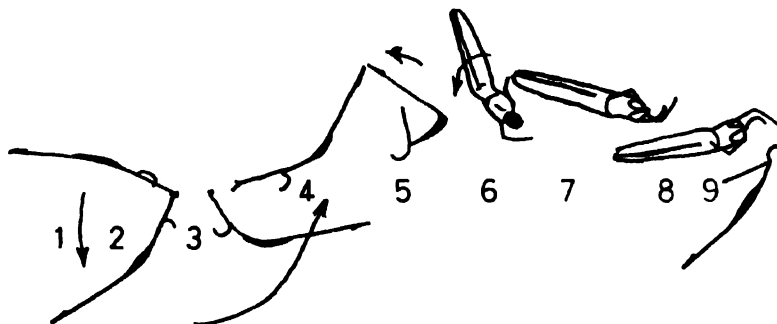
1-5: Review the 'Back Somersault'. 6-9: After the release from the bar, lead the turn with the head without extending it back, and pull the arms in to the chest dropping the shoulder on the leading (right) side with the body straightened. When the turn is completed, extend the arms out to prepare for landing.

PRACTICE EXERCISES

Review the 'Back Somersault with Straight Body'. You must be able to do it correctly before proceeding to the full turn.

Review the 'Back Somersault with Full Turn' on rings.

On a trampoline, practise 'Back Drop' to 'Stomach Drop' with a full turn in between. Concentrate on leading with the head, but keeping it in, and on keeping the body tight and straight as you turn.

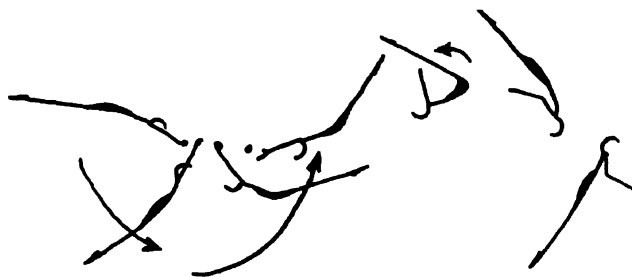
**Back Somersault—Pike and Full Turn****IMPORTANT POINTS**

1-5: Review the 'Back Somersault with Straight Body' and, as you release the bar, quickly execute a semi-pike. 5-9: Immediately open the pike and, as the body is extended, lead the head into the turn, wrapping in one or both arms to aid the twist. The turn should be completed as the body passes the horizontal position. The extension of the body and the turn must be co-ordinated.

PRACTICE EXERCISES

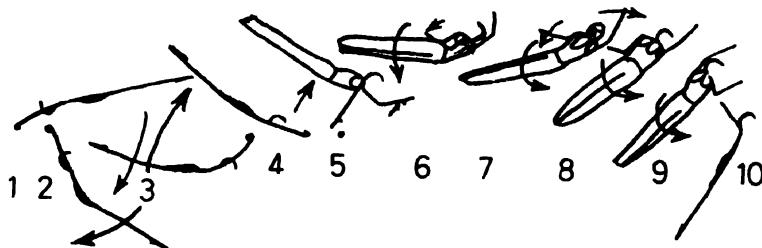
Review and practise the 'Back Somersault with Straight Body'.

Now add the pike and extension, aiming to extend by the time the body passes upside-down position. The extended body must be tight and slightly dished.



Now add the full turn during the 'extending' phase, leading it with the head and arms. The turn must be swiftly executed, because otherwise there is a danger of over-rotation. A spotter must be present until the move is safe, and a crash mat used for landing.

Hecht Dismount with Full Turn



IMPORTANT POINTS

1-4: Review the 'Hecht Dismount'. 4-6: Immediately after the pull and snap off the bar, lead the head in the direction of the turn (left), pulling in the left (turning) arm and raising the opposite (right) arm. The slightly hollowed body must be straightened during turn. 6-10: At the end of the first half-turn, the head should be slightly flexed forward with the upper back rounded. The turning (left) arm is now raised and the opposite (right) arm dropped to complete the turn, with the head continuing to lead the turn. As the turn is completed the arms are spread out to the side for the landing.

PRACTICE EXERCISES

Review the 'Straddle Hecht Dismount', especially the strong hip whip-action and the subsequent strong release of the bar with the snap-action to bring the body into a slightly angled position. During the flight the body must be set tight.

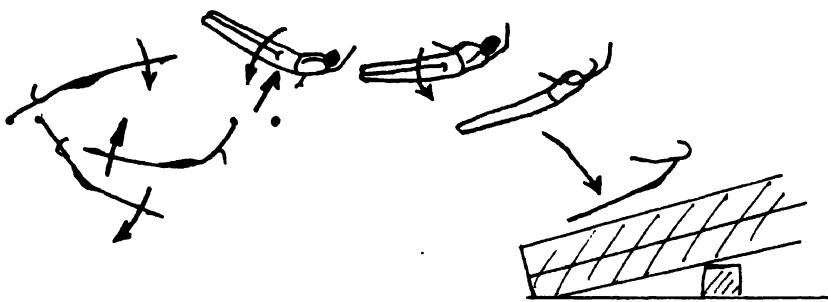


Practise the turning action on a mat with a slight jump forward, leading the turn with the head and alternating the arm positions.

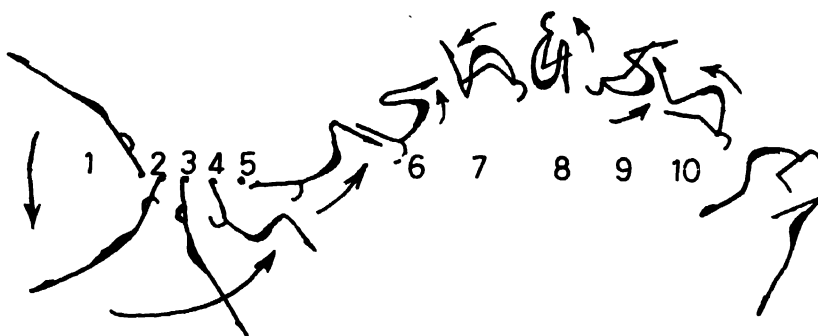
Using a trampoline, try the full turn action from a stomach drop. At first, return to stomach drop after the turn, and then try to stand it.



Using a very high platform of crash mats, perform some ordinary straight hecht dismounts. Then add a half-turn to land on your back. Finally, when you are co-ordinating the hecht with the turn, perform it with a full turn. Have a spotter standing by to make sure the landings are on to the crash mat platform.



Double Back Somersault (with Early Tuck Technique)



IMPORTANT POINTS

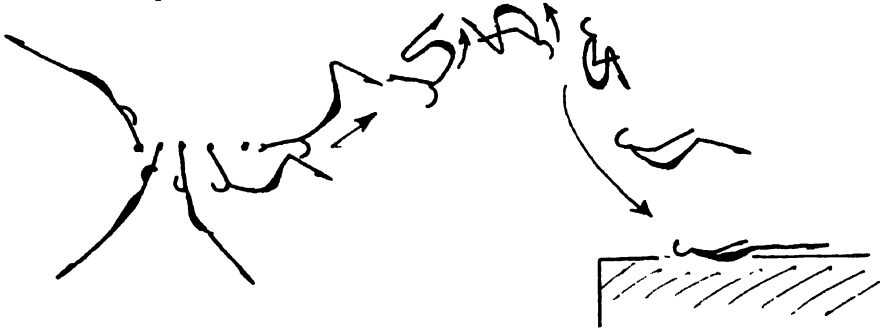
1-4: Review the 'Back Somersault'. However, the hip whip-like action under the bar must be stronger to obtain greater height off the bar. 4-7: The tuck of the body should be begun earlier than in the single somersault, with the knees beginning to pull in at the beginning of the whip-action. After releasing the bar the tuck should be tightened with the upper back rounded, similar to the 'Double Back Somersault' on rings. 8-12: Going into the second somersault, pull in the tuck even tighter, and start to look for the landing mat. Kick out to extend the body before landing, with the arms out to the side.

**PRACTICE EXERCISES**

Review thoroughly the 'Tucked Back Somersault'.

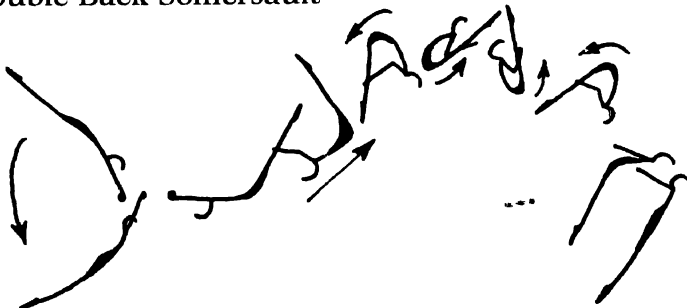
Now perform the 'Tucked Back Somersault' with greater emphasis on the whip-action, and with an earlier tuck so that the somersault is completed at the highest point and you can kick it out for the landing.

When you can perform a high single somersault consistently, build up a high landing platform of crash mats, and perform a one-and-a-half to land on your back. This can be done from a high pendulum swing or from a longswing. A spotter must be present.



If you have an overhead spotting belt, try the full double back, after mastering the second exercise.

When you perform the double back first without assistance, make sure you have sufficient crash mats, and a spotter present.

RELATED MOVE**Piked Double Back Somersault**

The 'Double Back Somersault (tucked)' must be mastered first. Put in a hard whip-like action before piking, and then pull the legs in from behind the knees. The pike in the second somersault must be tightened with the head extended to spot the ground and speed up the rotation. But keep the upper back rounded.

